

THE DAILY

Exercise of a Christian;
Gathered and collected out of the holy scriptures, *very profitable and necessary for all estates;* whereby they may avoide the snares & temptations of the diuell.

O giue thanks vnto the Lord, and call vpon his name, tell the people what things he hath done. *Psal. 105. 1.*

AT LONDON,
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Cum Privilegio.



TO THE RIGHT
Honorable & vertuous
Lady, the Lady Cheyny,
*her humble Seruant Thomas
Lant wisheth increase of Honor,
with full enioyment of all
Gods good blessings
whatsoever.*



Haue long and of-
ten wished (Right
Honorable and my
verie good Ladie
and Mistris) that
some occasion
might bee offered
vnto mee, by deed to shew that duti-
full seruice, which in heart I acknow-
ledge, and by word doe alwayes glad-
ly professe my selfe to owe to your
good Ladiship : but that being hi-
therto denyed vnto me, by reason of
my no lesse necessary than continuall
A 2 absence,

The Epistle

absence, from the place which might
yeeld vnto mee sometimes some op-
portunity of performing many things
to the discharge of my duetic in this
behalse : I am now determined to
strive with this necessitie, and where
I cannot doe so much as I would, to
doe so much as I may, hoping that
where sufficient performance is hin-
dred, an unfained shew of readinesse
thereto shall be regarded, and where
power otherwise faileth mee, this
sincere signification of my goodwill
shall be accepted. Raising therefore
the storehouse of my ability, I do find
nothing that I haue or may yeelde,
worthy the presenting to your La-
diship, sauing a few fruites of my
dayly exercise, collected by mee at
the first for mine owne priuate vse;
and now, as the best Iewel that I
haue, submit it to your Honoura-
ble iudgement and fauourable ac-
ception Of the necessitie, com-
moditie or dignitie of Prayer, be-
cause so much hath beene written
of

Dedicatorie.

of other, and is knowne and throughly felt of your selfe, who (according to the commaundement of our Sauour) Pray continually; I will say nothing to the commendation of my Labours. What euer they are, I beseech your good Ladiship, to take them with a right hand, and deeme of them with a right minde, as being the vndoubted testimonie of my readinesse to satisfie or gratifie your Ladyshippe in all duetie, wherein my small power is not a barre to the infinitenesse of my will and desire. Neuerthelesse, that the order of the Booke may the better be seene, and so serue for more ready vse, I haue thought good to set it downe in manner as followeth. There are for each day in the weeke certaine Prayers to bee vsed thrice in the day: at morning, at euening, and at night. First, a morning prayer, wherein is contayned, both a Thankesgiuing for the rest receiued, and a petition vnto God, to el-

The Epistle

scape the euills that may happen in the day. After follow Supplications to God with a Psalme, praying as well for eternall blessings, as temporall gifts, with a petition desiring GOD to accept our prayer. Then there is grace for before dinner, and after, seruing likewise for supper. Next followes the euening prayer, crauing Gods ayde in prayer. After that, Supplications in a Psalme, and also a Song of Praise and Thankesgiuing, with a Petition to the same. And then Prayers at night, crauing pardon for sinnes. And lastly, a Thankesgiuing vnto GOD for preserving vs all the time of the day: with certaine other prayers in the end, to bee vsed at such times, and vpon such occasions, as they are appl. vnto This Worke in this sort framed, I estsoones most humbly recommend vnto your Ladyships fauourable protection, and your Ladyship to the gracious tuition of the Almightye, who preserue

Dedicatorie.

serue you, together with my singular good Lord, in all prosperitie, and abundance of his heavenly blessings, to the accomplishment of your eternall happinesse in his celestiall Kingdome.

*Your Ladiships most
humble servant,*

THOMAS LANT.

THA 20 AP 58

A THANKSGI-
uing to be said euerie
Morning as soone as you
awake out of sleepe.



Thanke thee my
most mercifull &
heauenly father,
by thy deérly be-
loued Son Iesus
Christ, that this night thou
hast giuen me sleepe and rest,
preseruing mee from all hurt
and perils. I cry thee mercie
foz mine offences: and I most
humbly beseech thee, that thou
wilt likewise keepe mee this
day from all sinne, and euill,

The daily Exercise

euill, so that all my thoughts, words & workes may please thee, I commit my selfe both body and soule, and all things that I go about (this day) into thy hands : I beseech thee, let thy holy spirit be with me, lest my deadly aduersary haue power ouer me, Amen. Our Father which, &c.

GOD be in my head, and in my vnderstanding : God be in mine eyes, and in my looking : God be in my mouth, and in my speaking : God be in my hart, and in my thinking : God be at my end, and at my departing, Amen.

A

of a Christian.

¶ A generall Morning prayer
to be said, when you arise
out of your bed.

O Almighty and mercifull
God, which ganest the
Children of Israel in charge
to offer a daily Morning and
Euening sacrifice for a sweete
saour vnto thee, that thereby
they might glorify and thank
thee for the benefite of their
protection, both night & day:
receiue of me the values of my
lips, which I lay vpon thine
Altar, being my morning sa-
crifice of thanksgiuing vnto
thee. I glorifie thee, O eter-
nal God: for thou hast broken
the bonds, wherewith I was
tied this night, by reason of y^e
mist

The daily Exercise

mist of darkenesse, and hast deliuered mee fro the shadow of death, by bringing mee safe & sound to the morning light.

Wherefore I will prayse thy Name in my Songs, and magnifie thee with commendations. O Lord, continue thy goodnes towards me, and grant that all my prayers and woꝝkes may both begin from thee, and end in thee: vouchsafe O Lord, to keepe me this day without sin. Let thy mercy be vpon me, as my trust is in thee: defending mee both this day, and all my life time from euill tidings, that mine eares heare no rumours of warres, noꝛ bee terrified by any grievous chance: fill mee in

of a Christian.

in this houre with thy fauour,
that all this day I may re-
ioyce, and delight in thy pray-
ses. Grant merciful God, that
descending into my soule, I
may reprehend and condemne
mine owne spots, and vices
within mee, not iudging o-
thers, lest I fall into thy fear-
full iudgement. Deliver mee
(O Lord) from lying lips, and
saue mee frō a deceitfull tong.
Keepe me, O Lord, from the
edge of the sword, from sud-
daine death, from the infecti-
ous pestilence, from mortall
sickenesse, and deadly verati-
ons, send thy word and heale
me Lord, through our Savi-
our Christ, thy beloued Son.
O most mighty Protector,
keepe

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keepe me likewise from hurt
of fire, from drowning by wa-
ter, from boysterous windes
and harme of thunder: deliuer
me frō the mire, that I perish
not: deliuer mee from such as
hate me, & from the deepe wa-
ters, that y^e flouds ozewhelme
me not, neither the deep swal-
low me vp, and that I be not
ouerthrowne with any fierie
darts. Thou, O God, rulest
the vertues of the Elements,
and guidest the raging of the
Sea. For thou art the God
which framest the Moun-
taines, and makest the winds,
and declarest vnto man what
his thought is: thou makest
the night and the darkenesse,
and walkest vpon the high
places

of a Christian.

places of the earth. The Lord
God of Hostes is thy name,
world without end.

O almighty sanctifier, both
within and without, keep me
this day from the danger of
blod-thirsty men, from théeues
and murderers, whose feet are
swift to shed blood.

Preserue mee furthermoze
from sauage beasts and cruell
monsters, that bloody wilde
beasts teare me not in peeces
with their clawes, nor horses
bzuise me with their feet.

O Lord God of my salua-
tion, into thy hands (this day
and euer) will I cominend my
spirit, and deliuer mine hart,
that both early & late, it may
watch to thee my Maker,
pray.

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praying thee to protect me in
the day of trouble. In fire ca-
lamities deliuer me, O Lord,
and in the seuenth let no euill
come to me. In hunger, saue
me from death: in war from
the power of the Sword: in
Plague, keepe me from sick-
nes: from the scourge of tonges
hide mee: when destruction
commeth, let mee not feare:
in dearth, make me merry: and
let not the beasts of the earth
appall my courage.

And (O Lord) if in thy iu-
stice for punishment of my
sins, or of thy gracious fauor
for trial of my faith, and exer-
cise of my patience, thou suffer
me to fall into any distresse or
daunger, giue vnto me I be-
sech

of a Christian.

seech thee a contented mind to
yeelde to thy good pleasure,
and an assured hope and be-
liefe, that as all things are
brought to thy glory, so they
may worke also for the best
to me, as to one which loueth
thee. Grant this (O Father)
for thy deare Son my sauiour
Christs sake, who lieth and
reigneth with thee for ever-
more, Amen.

¶ A prayer to be said at the
comming into Gods house.

O Almighty God and hea-
uenly father, in the mul-
titude of thy mercies will I
come into thine house: and
in thy feare will I worship
towards thine holy Temple.
Leade

The daily Exercise

Lead me O God in thy righteousness, and guide my steps in thy sight. Bring me into the way of thy Commandments : for thou art the God of my saluation.

I haue alwayes loued the habitation of thine house, and the place where thine honour dwelleth. O how amiable are thy dwellings, thou Lord of Hosts ! I will acknowledge thee in the great Congregation, and wil praise thee among much people. O my soule, exalt the Lord, and knéele before his footstools : for hee is holie. I will now goe vnto the Altar of God , and in an acceptable time will I make my prayer, even in the midst of thy

of a Christian.

thy mercies. Heare mee, O
Lord God in the truth of thy
saluation.

¶ For Sunday, a Mor-
ning praier.

I Kender to thee (O heauen:
ly Father) most heartie
thankes, by thy deare Sonne
Jesus Christ, that this night
past thou hast (of thy fatherly
goodnesse) boughsafed to pre-
serue me from all euill, and to
giue my body rest and sleepe.
I now most entirely beseech
thee, that as thou hast raised
vp this my body from sleepe,
so likewise thou wilt deliver
my minde from the sleepe of
sinne, and from the darknes of
this world: that I walking
in

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in the light of thy blessed
Word, may onely doe that
which is pleasant in thy sight,
profitable to my Neighbour,
and healthfull to my soule, A-
men. Our Father, &c.

Supplications vnto God.

O Lord open thou my lips,
that my mouth may be
shewing forth that which is
to thy glory and praise : and
shut my mouth from speaking
any thing whereby I should
offend thy diuine Maiesty, or
be hurtfull to my neighbour.

O G O D make speed to
saue me.

O L O R D make haste
to helpe me.

Glory be to the Father,
and

of a Christian.

and to the Sonne , and to the
holy Ghost.

As it was in the beginning,
is now , and ever shall bee
world without end, Amen.

The Psalme.

O Lord , heare my words,
and marke my crying, **O**
my King and my **GOD**, for
vnto thee onely doe I come
to pray, neither do I looke for
any succour any where else,
but of thee.

O Lord, I beseech thee, that
thy grace may spring in my
heart, with the morrow light
of comfort , the night of care
being ouer-passed.

Suffer mee not to perish
with the vngodly folke whom
thou

The dayly exercise

thou curtest, I come running
vnto thee, not trusting in my
owne righteousness, but vnto
thy great and manifold mer-
cies.

○ Lord, with the rule of
thy Justice thou shalt direct
me: for thy names sake make
playne thy way before mee,
and my way before thee, lest
the spirit of malice turne mee
out of the right path.

Let them be wise which re-
pose themselves, and trust al-
waies vpon thy mercies: let
them triumph which loue thy
name.

Defend me, ○ Lord, with
thy grace as with a shield, in
time of perills: to the intent
that whē I am assaulted with
them.

of a Christian.

them, I may yet with constant cheare grow by vnto my full perfection.

Hear me when I call, O God of my righteousness: thou hast set me at libertie when I was in trouble: haue mercy vpon me, and hearken vnto my prayer.

My voice shalt thou heare betimes, O Lord, early in the morning will I direct my prayers vnto thee, and will looke by.

I will be glad and reioyce in thee, yea my Songs will I make of thy Name, O thou most high: for thou hast loued righteousness, and thy countenance beholds those things which are both good & perfect.

The dayly exercise

I will loue thee, O Lord my strength, for thou art my strong rocke and my defence, my Saviour, my God & my might in whō I will trust, my buckler, the hōrne also of my saluation and my refuge.

One thing haue I desired of the Lord, which I will require: even that I may dwell in the house of the Lord all the daies of my life, to behold the faire beauty of the Lord, and to visite his Temple.

Hearre mee, O Lord, and haue mercy vpon mee: Lord be thou my helper.

Shew thy seruant the light of thy countenance: and saue me for thy mercies sake.

Thou art a place to hide
me

of a Christian.

me in, thou shalt preserve mee
from trouble, thou shalt com-
passe mee about with songs
of deliuerance.

Be mercifull vnto me (O
God) be mercifull vnto mee:
for my soule doth only put his
hope and trust in thee.

Deliuere me (O Lord) from
all mine offences: and make
mee not a rebuke vnto the ig-
norant.

O send out thy truth, & thy
light (O God) that they may
lead mee, and bring me to thy
holy hill, & to thy dwelling.

Why art thou so heauy, O
my soule? and why art thou
so disquieted within me?

O put thy trust in God: for
I will yet giue him thanks
which

The daily exercise

which is the helpe of my countenance and my God.

Many one there be that say of my soule, There is no help for him in his God : but thou (O Lord) art my defender, thou art the worship, and the lifter vp of my head.

O let the wickednes of the vngodly come to an end : but guide thou the iust.

My helpe commeth of God which helpeth them that be good and true of heart.

O hearken thou vnto the voyce of my calling my King, and my God : for vnto thee will I make my prayer.

I will giue thanks vnto thee, O God, according to thy righteousness : and I will praise

of a Christian.

prayse thy name from one generation to another.

The Lord is knowne to execute iudgment : and the vngodly is trapped in the works of his owne hands.

The wicked shalbee turned into Hell, and all the people that forget God.

The vngodly is so proudd, that he cares not for God, neither is God in al his thoghts.

But let my delight bee alwaies in thy commaundements : and quicken thou me in thy righteousness.

So shall I alway keepe thy law for euer and euer.

My hands also will I lift vp vnto thy commandements which I haue loued, and my

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studie shall bee alwaies in thy
 statutes.

The Heauens declare thy
 glory, O God: and the firma-
 met shewes thy handy worke.

Saueme Lord, and heare
 me O King of heauen, when
 I call vpon thee.

Bee not farre from mee, O
 Lord: thou art my succour,
 hast thee to helpe me, O Lord
 my God.

Deliuer my soule from the
 sword, and saue me from the
 Lyons mouth.

My prayse shall bee of thee
 in the great congregation: my
 bowes will I performe in the
 sight of them that feare and
 loue thee.

The Lord is my shepheard:
 there:

of a Christian.

therefore can I lacke nothing.

He shall conuert my soule,
and bring mee forth in the
paths of righteousness for his
names sake.

Yea, though I walke thro-
row the ballie of the shadow
of death, I will feare, no euil
for thou art with mee, thy rod
& thy staffe comfort me.

O let thy louing kindnesse
and mercy follow mee all the
daies of my life: that I may
dwell in the house of the Lord
for euer.

Vnto thee will I crie, O
Lord my strength: thinke no
scorne of me, least if thou make
as though thou hearest not, I
become like to them that goe
downe into the pit.

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I heare the voice of my
humble petitions, now I cry
vnto thee, holding vp mine
hands towards the mercy seat
of thy holy Temple.

I plucke mee not away
(neither destroy mee) with the
vngodly, and wicked doers:
which speake so friendly to
their neighbours, but imagine
mischiefe in their hearts.

Draw mee out of the net
that they haue laid priuily for
me: for thou art my strength
and my sure hope.

My hope hath bene in thee,
(O Lord) and I haue said,
Thou art my God.

Praised be the Lord alway
for hee hath heard the voice of
my humble petitions.

The

of a Christian.

The Lord is my strength
and my shield: my heart hath
trusted in him, and I am hol-
pen; therefore my heart daun-
ceth for ioy, and in my songs
will I prayse him everlasting-
ly.

Glory be to, &c. As it, &c.

¶ A Petition vnto God.

O GOD the strength of
them which trust in thee,
mercifully accept my pray-
ers: and because the wicked-
nes of my mortall nature can
doe no good thinges without
thee vouchsafe to giue vnto
me the helpe of thy grace, that
in keeping of thy blessed com-
maundements, I may please
thee both in will and dedde,

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through Iesus Christ our
Lord & only Saviour, Amen.

¶ Grace before dinner.

Lord, which giuest meat to
the hungry, drinke to the
thirstie, and feedest all flesh
calling vnto thee, vouchsafe,
of thine vnspeakable goodnesse
to blesse our meat and drinke
which wee shall receiue at this
present: that beeing satisfied
therewith, wee may liue to
glorifie thy most holy & bles-
sed name, through Iesu Christ
our Saviour, Amen.

¶ Grace after dinner.

Foasmuch as thou (O
heauenly father) hast now
refreshed vs with thy bounti-
full.

of a Christian.
full gifts for the sustentance
of our bodies : graunt that
whatsoever thou wilt haue
done of vs for the health of our
soules, we may most diligent-
ly and earnestly obserue it, &
with a pure mind accomplish
the same, through Iesu Christ
our Lord & Sauer, Amen.

¶ Evening Prayer for
Sunday.

O Lord, I beseech thee fa-
uourably to heare my
prayers, and mercifully grant
that by thy power, I may be
defended against all aduersi-
ties : and powre into mine
heart that most excellent gift
of charity, the very bond of
peace and all vertues, with
out

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out the which, whosoever li-
ueth, is counted dead before
thee : create and make in mee
a new and contrite heart, that
lamenting my sinnes, may
obtaine of thee, the God of all
mercy, perfect remission and
forgiuenesse, through Iesus
Christ our Lord, Amen.

¶ Supplications vnto
God.

O LORD open thou my
lippes, that my mouth
may praise thee : shew thy
louing countenance towards
mee, and turne thy wrath a-
way from me.

O **G** **O** **D** make speede to
saue me.

D

of a Christian

O LORD make hast to
helpe me.

Glozy be to the Father &c.
As it was in the &c.

¶ The Psalme.

The Lord is my light, and
my saluation, whome
then shall I feare: the Lord is
the strength of my life, of
whome then shall I be afraid:
Though an hoast of men were
!aid against me, yet shall not
my heart be afraid: & though
there arose by warre against
me, yet will I trust in him.

Bow downe thine eare, O
Lord, and heare mee, preserve
thou my soule: my God, saue
thy servant that putteth his
trust

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trust in thee.

Comfort the soule of thy servant : for vnto thee O Lord, doe I lift vp my soule : for thou art good and gracious, & of great mercy to all them that call vpon thee.

Oineare Lord, vnto my prayer, and harken vnto the voice of my humble petitions.

O God bee mercifull vnto me and blesse me : shew me the light of thy countenance, and be mercifull vnto me.

That thy way may bee known vpon earth, and thy saving health among all nations.

O God, euen mine owne God, blesse mee with thy blessing : for all the ends of the world

of a Christian.

would doe feare thee.

O knit my heart vnto thee,
that I may feare thy name.

I will thank thee, O Lord
my God, withall my heart,
and I will prayse thy Name
for ever.

Thou O God, art full of com-
passion and mercy, long suffer-
ing, plenteous in goodnes and
truth, turne thee vnto me, and
haue mercy vpon me.

Ponder my word (O Lord)
& consider my meditation.

O hearken thou to the
voice of my calling, my King
and my God : for vnto thee
will I make my prayer.

For thou art the God that
hath no pleasure in wicked-
nesse : neither shall any euill
dwell

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dwell with thee.

Leade me, O Lord, in thy
Righteousnesse : make thy
waies plaine befoze my face.

Teach mee thy way, O
Lord, and leade mee in the
right way.

Order my steps, O Lord,
in thy word : and so shall no
wickednesse haue dominion
ouer me.

O deliuer me from the euil
dealings of men, and so shall
I keepe thy commandements.

O Lord, thou God of my
life, forsake me not: O let me
not haue a proud looke, but
turne away all voluptuousnes
from me.

Take from mee the lusts of
the body, let not the desires
of

of a Christian.

of uncleannesse take hold vpon mee: and giue mee not ouer into an vnshamefast and obstinate mind.

Two things haue I required of thee, O Lord, before I die: that thou wilt remoue from me vanity and lies: giue me neither pouerty nor riches, onely graunt mee a necessary living, least if I be too full, I deny thee, and say, who is the Lord: and least I being constrained through pouerty, fall to stealing, and so take the name of God in vaine.

O that my waies were made so direct, that I might keepe thy Statutes.

So shall I not be confounded: while I haue respect vnto

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to all thy commandements.

Take from mee the way of
lying: and cause thou mee to
make much of thy law.

Turne all vanity away
from mine eyes: and quicken
my sight in thy waies.

Let thy louing mercy come
vnto mee, O Lord: and take
not the word of truth out of
my mouth.

Hear my voice (O Lord)
according to thy louing kind-
nes: and quicken mee accor-
ding as thou art wont.

O Lord, preserve from all
euil, my soule and body: thou
art my going out, & my com-
ming in, from this time forth
for euermore.

Turne my heart, I beseech
thee

of a Christian.

thee, O Lord from behoulding
eyther Images, or Strange
Gods, to the intent to wor-
ship them: but let my worship
be onely in thee, to serue thee
in my prayers.

Direct mee in thy truth,
and instruct mee: for thou art
my God and Saviour.

Giue eare, O Lord, and
heare mee, & ponder the voyce
of my humble desires: for
thou art great, and doest won-
derfull things, thou art God
alone.

For great is thy mercy to-
wards mee, and thou hast deli-
uered my soule from the ne-
thermost Hell.

Thou Lord God art full of
compassion and mercy, long
suffe

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suffering, plentious in goodnes and truth, turne thee vnto me, & haue mercy vpon me.

Hearken thou to the voyce of my calling, O Lord, when I crie vnto thee : haue mercy vpon me and heare me.

O hide not thy face from mee, and cast not away thy seruant in displeasure.

Bee my succour, O Lord, leaue me not, neither forsake me O God of my saluation.

O looke thou vpon me, and be mercifull vnto mee, as thou blesst to doe to those that loue thy name.

I will lay mee downe in peace, and take my rest, for it is thou Lord onely that makest me dwell in safetie.

Light

of a Christian.

Lighten mine eyes, O Lord
that I sleepe not in death.

I haue set **G D D** alwaies
before mee : for he is on my
right hand, therefore shall I
not fall.

Wherefore my heart was
glad, and my glory reioyced :
my flesh also shall rest in hope
through Iesus Christ our Lord
and Saviour, Amen.

Glorie be to &c. As it was &c.

¶ A Song of praise and
thankesgiuing vnto
God.

Blessed art thou, O Lord
God of our forefathers ;
for thou art worthy to bee ho-
noured and praised, and to be
magnified for ever.

Blessed

The daily exercise

Blessed be the glory of thy
holy name: for it is worthy
to be praised, and above all to
be magnified for ever.

Blessed art thou, O Fa-
ther, Sonne, and holy Ghost:
for thou art worthy to be
praised and exalted, and above
all to be magnified for ever.

Blessed art thou in the fir-
mament of Heaven, for thou
art praise-worthy for ever &
ever.

O give thanks unto the
Lord, all creatures: for he is
kind-hearted and mercifull,
yea, his mercy endureth for e-
ver, and world without end.

It is a good thing to give
thanks unto the Lord: and to
sing praises unto thy name,

¶

of a Christian.

O thou most High.

To tell of thy louing kind-
nesse in the morning earlie :
and of thy truth in the night
season.

Upon an instrument of ten
strings wil I prayse thee, and
vpon the Lute: yea vpo a loud
instrument, & vpon the Harpe
will I glorifie thy name.

For thou Lord hast made
me glad through thy workes:
and I will reioyce in giuing
praysse for the operation of thy
hands.

Glozy bee to the Father &c.

As it was in the &c.

Lord haue mercy vpon me

Christ haue mercy vpo me.

Lord haue mercy vpon me.

Our Father which art &c.

The

The daily exercise

The Creede.

I Belæue in **G D D** the Fa-
ther Almighty, maker o'
heauen and earth, and in Je-
sus Christ, &c.

The Versicle.

O Lord deale not with vs
after our sinnes.

Answer.

Neither reward vs after
our iniquities.

A Godly Petition after
Euening prayer.

Visit, I beseech thee, **O**
Lord, this my dwelling
place, and drive from it all
the assaults of my enemies :
let thine holy Angell dwell in
it, which may keepe mee a'l
this night in thy peace, and
ever

of a Christian.

ener let thy blessing bee vpon
mee : grant this Mercifull
Father, for Iesus Christs
sake, who liueth and reigneth
with thee, and the holy Ghost,
one GOD world without
end, Amen.

Grace before supper, as at
dinner.

Grace after supper, as after
dinner.

¶ Prayers at night, before
you goe to bed.

O Lord heare my prayer :
And let my cry come
vnto thee.

¶ A

The dayly Exercise

¶ A deuout prayer to Iesus Christ.

Iesus haue mercy on me, & forgiue my great offences which I haue done in the sight of thee this day: graunt me grace, Iesu, for the loue of thee to despise sinne & worldly vanity.

Iesu helpe me to overcome the temptation of sin, and the malice of my ghostly enemy, to spend my time in vertue and labour acceptable to thee, Iesu strengthen my soule & body to exalt the woꝝkes of vertue to the pleasure of thee, where by I may come to thy euerlasting ioy and felicity.

Graunt mee fast purpose,
merci

of a Christian.

mercifull Iesu, to amend my
life, and remoue the sins of my
youth, which I haue mis-pent
to the displeasure of thee, in
euill thoughts, deuotations,
consentings, words, workes,
and euill customes, and also in
breaking thy cōmandements,
whereby I haue deserued dā-
nation. Iesu light mee with
ghostly wisdom, for to know
thy goodnes, and those things
which are most acceptable to
thee. And graunt me grace to
giue good and profitable ex-
amples, that none may bee
hurt by mee, and to helpe those
with good counsel, which haue
offended thee. Make mee to
proceede from vertue to ver-
tue, till I be growne to a per-

C

fect

The daily Exercise

fect man in thee. Let me not turne to those sins which by my confession haue accused me, & by sorrow haue oppressed me. The horrible sentence of endless death, the terrible iudgement of damnation, thy wrath, ire, and indignation, mercifull Lord, let neuer fall vpon me: thy mercy and merites, O my Saviour, be euer betwæne them & me.

Iesu grant mee grace to shun euill company : and when I come amongst them, for thy passion, I beseech thee to preserve mee, that no occasion of deadly sin ouercome me. And send mee Ghostly comfort by the loue of thee. Keepe my mouth (Lord) from flāderous
spea-

of a Christian.

speaking, lying, falsewitnesse
bearing, cursing, swearing,
uncharitable chiding, dissol-
ute laughing, and words of
vanity. Make me, O blessed
Lord to remember thee: thou
presently hearest which of all
my words shall iudge me, and
that I shall (before thee) give
account of every idle word
which I shall speake. O sweet
Iesu, make mee perseverant
in the blessed service of thee,
in holy exercise and vertuous
occupation. Lord, keepe my
soule and body, make mee shun
sinfull delectation, & patient-
ly to suffer iniuries & rebukes
in following thy owne most
holy and blessed example.
Provide, good Lord, that life

The daily Exercise

for mee, which thou knowest
most to thy honour, and my
comfortable stay in thee. I beseech
thee, grant me, specially in the time
of prayer, to fixe my mind on
thee, & then to remember my
wretchednesse, and faithfully
to call for helpe vnto thee.

Sweet Iesu, grāt me grace
to order my life, & the workes
of my body and soule, with
actuall intent to serue & please
thee, that thou mayest of thy
goodnes finally bestow on me
the penny of thine infinite toy
and eternall felicity.

The blood that ran from
thy blessed heart, wash my
soule from sin and iniquity, &
purchase to mee abundance of
thy grace, faithfully to serue
thee

of a Christian.

thee. O my Lord, my might,
my life, my light, leade me,
feede me, and speede me in the
pilgrimage of this mortalitie:
and at the houre of death when
I shall bee accused befoze thee,
haue mercy vpon me: breake
my froward heart, and make
it obedient to thee: from sud-
den & vnprovidid death, good
Lord preserve mee. By the
vertue of thy most excellent &
glozious diuinity, by the ver-
tue of thy incarnation, and by
the merits of thy passion, and
resurrection, graunt me these
supplications, which I haue
made to thee: by thine owne
and only mediation, purchase
for mee a gracious life, and a
blessed ending. Free me from
C 3 debt,

The dayly exercise

debt, & from all sin, I beseech
thee: & after my bodily death,
give to mee everlasting life,
with endlesse blisse & felicity,
So be it, Amen.

¶ A Thankesgiuing vnto
God the Father.

O Heauenly Father & e-
ternall God, which art
neither made nor begotten,
but before al worlds from e-
uerlasting didst beget a Son,
the very image of thine owne
substance: I honoꝛ thee, I
praise thee, I gloryfie thee, I
yeld most hearty thanks foꝛ
all thy benefits. And at this
time especially, because thou
hast patiently, & attentively
heard my petition, & hast gi-
ven

of a Christian,

nen mee sobernesse and hum-
blenes of heart and mind, to
utter the same without any
interruption. I blesse thee
mine everlasting God, and
with all mine heart giae thee
thanks, for that not onely
thou hast saued mee this day
from death, from hurt, and all
peril, but from my cradle hast
defended both my body and
soule from all misfortune, and
dangers. Therefore my soule
magnifieth the Lord, and my
spirit reioyceth in G D my
Savior: for he hath looked vp
on the affliction of his servant.
And now amongst all other
thy goonesse, O Lord heare,
O Lord forgine, hearken, O
God, for thy names sake, for

The daily Exercise

it is telled vpon of me. O God
of heauen and earth, in this e-
uening tide doe I call on thee,
that remitting my sinnes, thou
wouldest receiue mee into thy
protection, and keepe me this
night, that the diuell haue no
power ouer mee, Bee thou
watchfull ouer me, O eternall
Sauioꝝ, leaſt the ſubtil temp-
ter apprehend mee, for thou
(O Lord) art my euerlaſting
protector: for behold, whether
I ſleepe or wake, whether I
liue or die, I am thine, thou
art my Creator & Redeemer.
I beſeech thee ſtand vp, and
watch with me: let thy mercy
O God follow mee all y^e daies
of my life, that I may dwell
in thy houſe & prayſe thee. All
Kings

of a Christian. 17

kings & nations shall praise
thee, for they haue heard the
words of thy mouth, & great
is thy glory O God, thou hast
searched me out and knowest
mee: yea, thou knowest my
down-sitting, & my bypyling,
and vnderstandest my secret
thoughts, neither is there a
word in my tongue, but thou
(O God) knowest it altoge-
ther. Such knowledge is too
wonderfull and excellent for
me, & therfore let me still, in
acknowledging thy greatnes
confesse my sinful & wretched
weaknes. For what is man,
that thou so respectest him, or
the Son of man that thou so
regardest him? Man is like a
thing of nought, his Time

The daily Exercise

passeth away like a shadow.
Yet despise not, O Lord, the
worke of thy hands: for thou
art my hope and fortresse, my
castle & deliuerer, in whome I
trust, through Christ my one-
ly Saviour, Amen.

The Conclusion.

Salue me, O Lord, waking,
and keepe me sleeping: and
be so mercifull vnto mee, that
I may wake in Christ, & rest
in peace this night and euer-
more, Amen.

¶ For Munday, Morning Prayer.

O Most louing and gentle
God, I thanke thee for
the sweet sleepe and comfort-
able rest, that thou hast gi-
uen

of a Christian.

uen mee this night. And for
sonmuch as thou hast comman-
ded by thy holy word, that no
man should bee idle, but al-
waies occupied in godly and
vertuous exercises, every ma
according to his calling: I
most humbly beseech thee that
thine eyes may attend vpon
me, that thy grace may dayly
defend me, in danger succour
mee, cherish and comfort me
in all my néede and distresse,
and goverue all my counsels,
studies and labours, in such
wise, that I may spend this
day, according to thy most
blessed will, to thy glory, the
profit of my neighbour, & the
discharge and comfort of my
owne conscience in thee: that
warily

The daily exercise

warily avoiding all thinges
that may displease thee, and set-
ting alwaies before mine eyes
thy feare, I may (thy grace as-
sisting mee, and thy holy spirit
guiding me) worke that which
is acceptable before thy Di-
vine Majesty, to the praise of
thy most holy and blessed name
through Iesu Christ our Lord,
Amen.

Our Father which art &c.

¶ Supplications vnto God.

O Lord open thou my lips,
that my mouth may speak
and shew forth the prayles of
thy name: and set an hatch be-
fore the doore of my lips, that
I may not speake any word
that shall bee displeasing vnto
thee,

of a Christian.

that, or hurtfull to my Neigh-
bour and brother in Christ.

God make speede to
saue me.

Lord make hast to
helpe me.

Glozy be to ge. As it is.

The Psalme.

The Lord shall defend mee
vnder his wings, and I
shall be safe vnder his feathers:
his faithfulness and truth shall
be my shield and buckler.

I shall not bee afraid for a
ny Terroꝝ by Night, noꝝ foꝝ
the Arrow that flyeth by Day,
noꝝ foꝝ the Pestilence that in
darkenes doth walke, noꝝ foꝝ
the sickenesse tha: destroyeth
in the noone day.

God

The daily exercise

Send out thy light & thy truth, O God, that they may leade me, and bring me to thy holy hill, and to thy dwelling.

O God, thou art my God: early will I seek thee, my soule thirsteth after thee, my flesh also longeth after thee: as long as I live, I will magnifie thee, and lift up my hands in thy name.

I haue remembered thee in my bed, & thought vpon thee when I was waking, because thou hast been my helper.

Haue mercy vpon mee, O Lord, thou God of all things, haue respect vnto me, & shew mee the light of thy mercy, & send me thy feare.

Awake thou my soule that sleepest,

of a Christian.

steapest, and stand vp from death, and Christ shall giue thee the light of his mercies.

O let mee heare thy louing kindnesse, O Lord, betimes in the morning, for in thee is my trust.

Shew mee the way that I should walke in, for I lift vp my soule to thee: deliuer mee Lord from mine enemies, for I flie vnto thee to hide me.

Teach mee to doe the thing that pleaseeth thee: for thou art my God.

O Lord haue mercy vpon me: for I haue put my whole trust in thee.

Be an arme to me earlie, & mine health in the time of trouble.

Lead

The daily Exercise

Lead mee (O Lord) in thy
righteousnes, because of my
enemies: and make thy way
plaine before my face.

Haue mercy vpon mee, O
Lord, for I am weake: heale
mee, O Lord, for my bones
are vexed.

My soule is also sore trou-
bled: but Lord how long wilt
thou punish me?

Turne thee (O Lord) and
deliuer my soule: oh saue me
for thy mercies sake.

Rebuke mee not, O Lord
in thine indignation, neither
chasten mee in thy heauy dis-
pleasure. O Lord my God, in
thee haue I put my trust:
saue mee from all them that
persecute me, and deliuer me.

Stand

of a Christian.

Stand vp, O Lord, in thy
wrath, and lift vp thy selfe :
because of the indignation of
mine enemies, arise vp for
mee in the iudgement that
thou hast commanded.

Show mee the path of life,
for in thy presence is fulnes
of ioy, & at thy right hand there
is pleasure for evermore.

Who can tell how often he
offendeth : O cleanse me from
my secret faults.

Keepe thy seruant also from
presumptuous sins, least they
get the dominion ouer me : so
shall I bee undefiled and inno-
cent from the great offences.

Shut not vp my Soule with
the sinners : not my life with
the bloud thirkie.

Deare

The daily Exercise

Hear, O Lord, and haue
mercy vpon mee : Lord bee
thou my helper.

O let not them that are my
enemies triumph ouer mee
vngodly : neither let them
winke with their eyes, that
hate me without a cause.

Thou Lord shalt saue both
man and beast : how excellent
is thy mercy, O God ! and
the Children of men shall put
their trust vnder the shadow
of thy wings.

They shall be satisfied with
plenteousnes of thine house :
e thou shalt giue them drinke
of thy pleasures, as out of the
great rivers.

For with thee is the Well
of life : and in thy light shall
we

of a Christian.

we see light.

O continue thy louing kindnes to them that know thee, and thy righteousness to them that are true of heart.

O let not the scote of pride come against me: and let not the hand of the vngodly cast me downe. Heare my prayer **O** Lord, and with thine ears consider my calling, hold not thy peace at my teares. For I will confesse my wickednes to thee, & be sorry for my sins.

O Lord, let it be thy pleasure to deliuer me: make hast to helpe me, **O** Lord my God.

Let mee not follow mine owne minde and strength, to walke in the waies of myne owne heart.

Ps.

The daily exercise

Neither say vnto my selfe,
how haue I strength: or who
will bring mee vnder for my
wozkes: for thou O God, art
the auenger, and wilt reuēge
the wrong done by mee. Let
mee not seeke those things w
are too hard for mee, neither
search the things that are too
mightie for me.

But what thou hast com-
manded, O Lord let me thinke
vpon with reuerence: and let
me not bee curious in many of
thy wozkes. Let me euer bee
curteous to the poore, and re-
lieue them that are needy, and
humble my soule to an elder,
and bow downe my head to a
man of wozship. Let mee not
be hasty in my tongue, neither
negli-

of a Christian.

negligent in my woꝝkes.

Let me not be as a Lyon in my owne house, neither beate those that are vnder me foꝝ mine owne fantasie, noꝝ op-
presse them that are vnder mee foꝝ my owne commodity.

Let not my hand bee stret-
ched out to receiue, and shut
when I should giue.

Settle myne heart to pati-
ence, bowe downe mine eares
to vnderstand thy woꝝds, that
I thinke not alway when I
am assailed, but wait patient-
ly vpon thee my God : what-
soeuer cometh to me, let mee
receiue it patiently, and be pa-
tient in the Chaines of myne
affliction.

Prosperity and Aduersity
life

The daily Exercise
life and death, poverty and riches cometh of thee, O Lord
God of Hosts.

Behold the Heauen, and
the heauen of heauens, which
are for God: the depth, & the
Earth and all that therein is,
shall be moued when hee doth
come to visite.

O how maruellous are thy
workes (O Lord) I most har-
tily pray & beseech thee to par-
don and forgive mee all my se-
cret sins and offences done a-
gainst thee.

Hear me I beseech thee O
God, and Lord of Lords: let
mee alway dwell with thee, &
euermore still prayse thee,
world without end, Amen.
Glory be to ec. As it was ec.

A

of a Chriltian.

¶ A Petition vnto God.

O Lord, I heartily beseech thee, to accept these my prayers, and looke vpon the hearty desires of thy humble servant : and stretch forth the right hand of thy Maiesty to be my defence against all my aduersaries, that by thy gracious goodnesse I may bee gouerned & preserved, both body and soule, through Christ our onely Saviour, Amen.

¶ Grace before dinner.

O Lord wee beseech thee to sanctify these thy giftes with thy goodnesse, that wee may receiue them soberly, and vse them purely, according
to

The daily Exercile

to thy good will and pleasure
that therby we may acknow-
ledge thee to bee the Father &
Authoꝛ of all goodnes, seeking
pꝛincipally the spiritual bread
of thy word, whereby our
soules may be nourished eter-
nally thꝛough Christ our Lord,
So be it.

¶ Grace after dinner.

WE laud thee most high
God, for y^e thou hast
fed vs bountifully by thy pꝛo-
vidence : we beseech thee not
to suffer our affections to bee
rooted in these corruptible
things, but that we alwaies
haue an higher respect, war-
ting for our Lord I E S U S
Christ, vntill he sit in glory to
iudge

of a Christian.

Judge both the quicke and the dead. In which resurrection, O Lord graunt, that we may bee of thy chosen Childzen to dwell with thee in Heauen, where wee may prayse thy name, world without end, Amen. God saue the Church, &c.

¶ Euening Prayer for
Munday.

Seeing that thou, O Hea-
uenly father, art the foun-
taine of all wisdom & know-
ledge, which hast been the on-
ly meanes for me to be instruc-
ted in the age of my infancy,
to make mee know how to go-
uerne the whole course of my
life holily & honestly: vouch-
safe to illuminate my under-
standing

The daily Exercise

standing (which of it selfe is
blind) that I may willingly &
readily comprehend all that
I shall reade in thy Lawe.
Vouchsafe also to confirme
my memory, & to keepe it well.
And seeing thou promisest to
give wisdom vnto babes &
humble hearted, I beseech
thee to bring mee to true hu-
mility, whereby I may yeeld
my selfe apt to learne, and o-
bedient, first vnto thee, and
secondly vnto my superiours,
whome thou hast ordayned to
rule and teach me. Further-
more, vouchsafe to dispose
mine heart to seeke thee with
vnsainednes, renouncing all
carnall and enill affections, &
that in such sort I may pre-
pare

of a Christian.

pare my selfe now to serue
thee, in the estate and vocati-
on in the which it hath pleased
thee to call mee, that being by
thy goodnesse accounted and
found one of thy faithfull ser-
uants, I may with the rest of
my fellow seruants thy chil-
dren, enter into thy euerlast-
ing ioy, which thou hast pre-
pared from befoze all begin-
nings for them which feare
and serue thee, thzough Iesu
Christ our Lord, Amen.

Our Father which, &c.

Supplications vnto God.

O Lord open thou my lips
that my mouth may
speake and shew forth thy
righteousnesse. Guide my

D 2

steps

The daily Exercise

Steps in thy sight, & bring me
into the way of thy comman-
dements, for thou art the
God of my saluation.

O God make speed to saue
mee.

O Lord make hast to
helpe me.

Glory be to, &c. As it, &c.

¶ The Psalm.

Three O Lord, I lift vp
my mind, and in thee I
trust : O Lord God, let mee
not be confounded, least mine
enemies triumph ouer mee
vngodly.

O Lord, make thy waies
knowne to me : and leade me
in thy paths.

I lift vp mine eyes to thee

O

of a Christian.

O Lord, that dwellest in the
Heauens.

Stirre vp mine heart and
mind, **O** Lord : come to me
O spirit of God, that I may
come to thee with heart and
soule, and not with lips only.

Giue mee thy grace that I
may call vpon thee, as a true
worshipper, both in spirit and
truth with inward attentio,
without hypocrisie or vaine
glorie.

Grant that I aske nothing
of thee but that which may a-
gree to thy holy will, to thy
praise and glory, and to the
health of my soule.

Inspire mee also with an
assured hope, to obtaine those
thinges which I shall aske of
thy

The daily exercise

thy mercifull goodnes, with a
strong and sure faith.

Neither let my prayers, O
Lord, prescribe the time, and
manner, when, and how, they
shall be fulfilled.

But let me submit my selfe
to thy holy will in all things,
with hope, patience, and hu-
mility of heart.

Thy will be done, O Lord
in earth, even as it is in hea-
uen.

I will waite patiently for
thee, O Lord, that thou maist
incline thine eare vnto me and
heare my prayer.

Graunt me thy grace, that
I present not my supplicati-
ons before thee, for my owne
righteousnesse, but for thy
great

of a Christian.

great tender mercies, and in
the name of thy Sonne Iesus
Christ.

Assist me, O mercifull Fa-
ther, that I may pray euerie
where lifting vp pure hands,
without wrath or doubting,
with supplications, prayers,
intercessions, and giuing of
thankes for my selfe, and for
all men.

O let mee not goe wrong,
least mine enemies make mee
their ieaisting stocke, and a
matter to laugh at.

Wherewithall shall a yong
man cleanse his way: euen
by ruling himselfe after thy
Word.

With mine whole heart
haue I sought thee, O let me

The daily Exercise

not goe wrong out of thy com-
mandements.

Let thy words bee within
mine heart : so shall I not sin
against thee.

¶ Let my lips bee ever tel-
ling of all the iudgements of
thy mouth : so shall I not bee
confounded, while I haue re-
spect to all thy cōmandements.

I haue as great delight in
the way of thy Testimonies,
as in all manner of riches.

My delight shall bee in thy
Statutes : and I will not for-
get thy word.

¶ Doe well vnto thy ser-
uaunt, that I may liue and
keepe thy Statutes.

Open thou mine eies, that
I may see the wonderfull
things

of a Christian.

things of thy law.

¶ Turne from mee shame,
and rebuke, for I will keepe
thy Testimonies.

¶ Make mee, O Lord, to vnderstand the way of thy commandements, for my soule melteth away for very heauynesse: comfort thou mee according vnto thy word.

¶ Take from me the way of lying, and cause thou mee to make much of thy law.

¶ Giue vnto me the way of truth, and laye thy Iudgements befoze me.

¶ Teach mee, O Lord, the way of thy Statutes: and I shall keepe it vnto the end.

¶ Giue mee vnderstanding,
and I shall keepe thy law: yea

The daily exercise

I will keep it with my whole heart.

Make mee to go in the true path of righteousness, for therein is my only delight.

Incline mine heart vnto thy Testimonies, and not to conuetousnesse.

O Lord, giue me a waking and an humble heart, that I may alwaies loue thy lawes, keepe thy testimonies, doe thy commandements, obserue thy statutes, feare thy iudgments. know thy ceremonies, obey thy word, and feele thy mercy vnto the end. So be it.

Glory be to, &c. As it, &c.

A Song of prayse and thanksgiving vnto God.

Bles-

of a Christian.

Blessed be the Lord God,
which alone doth wonder-
rous things: and blessed bee
the name of his Majestie for
ever and ever.

Blessed art thou, O most
high God, which hast distin-
guished the day and the night
by thine unspeakeable wise-
dome, so that man in the
night may rest, and againe,
when the day commeth, goe
about his busines, and laboꝝ
untill the evening.

Blessed art thou, O Lord of
truth, for thou hast laid the
foundation of the earth, and
it endureth for ever. For
these & all other thy benefits,
I prayse thee most hartily, and
glozifie thy name most wor-
thily,

The daily exercise

thly, now and euer, Amen,
Glorie be to &c. As it was &c.

Lord haue mercy, &c.

Christ haue mercy, &c.

Lord haue mercy, &c.

Our Father which, &c.

The Creede.

I Beléue in God the father
Almighty, &c.

Lord deale not with vs
after our sinnes.

Neither reward vs after
our iniquities.

An humble Petition vnto
God.

Almighty GOD, and e:
uerlasting father, which
gouernest all things in Hea.
uen and Earth : mercifully
receiue

of a Christian.

receiue my supplications, & prayers which I haue offered before thee: and graunt this night I may bee preserved both body & soule, through a right & perfect faith in Iesus Christ: to whom with y^e Father, the Son, & the holy ghost be all honoz & glory, Amen.

Grace before supper, as at dinner.

Grace after supper, as after dinner.

¶ Prayers at night, before you goe to bed.

Bow downe thine eares,
O Lord, & hearken to the
voice of my humble desires.

A devout Prayer to our
Lord God.

The dayly exercise.

O Mercifull Lord God, & most tender and deare Father, vouchsafe I hartily beseech thee, to looke downe with thy fauourable eyes of pittie vpon mee most vile and wretched sinner, which lie heere prostrat in heart before y^e feet of thy bounteous mercie, and befoze thee, O father, insomuch that I am no more worthy to be called thy Son. Yet neuerthelesse, forasmuch as thou art the God of all comfort, and againe desirest not the death of a sinner, but like to a true Samaritane, takest thought of my sorely wounded soule: make mee I pray thee (by pouring the precious oile of thy sweet comfort into my wounded

of a Christian.

wounded conscience) ioyfull
to returne with the lost son,
into the lappe of thine ever-
lasting pittie. For loe, thou
art my hope & trust, in whom
I onely repose my selfe, ha-
uing in thee full confidence,
and faith : and so I may say
with a very faithfull heart,
trusting in thy mercie, I be-
leeue in thee, O God the Fa-
ther, in thee, O God the Son,
and in thee, O God the holy
Ghost, thzee persons, and one
true almighty and euermlasting
God, besides whō I acknow-
ledge none other God in hea-
uē aboue, nor in earth below.
Yea, and I a poore sinner doe
accuse my selfe to thee, deare
Father, that I haue soe and
griuously

The daily exercise

grievously offended thine Al-
mighty goodnesse & maiesty, in
the committing of my excē-
ding grievous and manifold,
sinnes & offences. For I haue
not kept the least of thy most
godly & blessed commaunde-
ments. Thy holy and dread-
full name, vnto which al ho-
nor belongeth, haue I vsed in
vaine. I haue followed that
great Prince of this World
Satan, who hath been a lyar
from the beginning, in con-
cupiscēce of the flesh, in pride
of living, in lying, in coue-
tuousnesse, in gluttonie, in ha-
tred, enuie, in backbiting, des-
paire, and also mis-beliefs.
But in what maner soeuer I
haue sin'd against thee, whe-
ther

of a Chrillian.

ther it hath bene by day, or by
night, yea even from my child-
hood unto this day, were it in
wozkes, woꝝds, or thoughts,
secretly or openly: O my mer-
cifull God, I am sorry for it,
even from the bottome of my
heart. Yea, my soule mour-
neth for very sorrow, most
mercifull Father, that I am
not a Thousand times sorer
then I am. Howbeit, in token
of great repentance, I knocke
and strike my breast, and say
in bitterness of heart & soule,
Lord God Father haue mer-
cy, Lord God Son haue mer-
cy, Lord God holy Ghost haue
mercy vpon mee. Spare mee
of thine infinite mercy, deare
Lord, now and all the daies of
my

The daily exercise

my life, and let me haue part
of thine aboundant grace, that
I may change my sinfull and
wretched life, and that I may
utterly forsake the vaine assi-
stance of this world, so that I
may be found ready with the
good Seruant in the midnight
of death, which shall steale vp
on mee ere I be aware. Bee
thou to mee at that time of
neede, O Lord, a Tower of
strength, a place of refuge, &
a defensible God: namely, a
gainst the diuell, which will
be the most readie to deuoure
mee, and against desperation,
which then will bee busie to o-
uerthrow mee: Let then thy
comfort cleaue fast vnto mee,
thy mercy keepe me, and thy
grace

of a Christian.

grace guide me. Fetch then a
gaine, O Lord God Father,
that which thy puissant might
hath shapéd : Fetch then a
gaine, Lord God Sonne, that
which thdu hast so wisely go-
uerued, and bought with thy
vexctious bloud : take againe
then, Lord God holy Ghost,
that which thou hast kept and
preserued so louingly in this
region of sin and bale of mise-
ry, thrée persons & one God,
to whome bee prayse for euer
and euer, Amen.

A thankesgiuing vnto God.

Omnipotent and mer-
cifull God, eternall Fa-
ther, Sonne and holy Ghost,
thrée in Persons, one in sub-
stance.

The daily Exercile

stance, God in very deed, and
from everlasting, I extoll thy
sacred Maiesty, I praise thy
unspeakeable mercy, thy di-
vine truth I magnifie, for
that of thy fatherly goodnesse
thou hast graciously heard all
my petitions, giuing me a pe-
nitent heart modestly to of-
fer the same : therefore will
I praise thee (for this and al o-
ther thy goodnesse) this eve-
ning, and going to rest. I will
giue thee thanks, because thou
hast kept me this day, of thy
only mercy (without any
merite of mine) from all dan-
ger & hurt. Mine eyes prevent
the night-watches, to medi-
tate of thy wonderfel things,
& my study shall alway bee of
the

of a Christian.

the excellency of thy Name,
O Christ & King of glory: I
beseech thee blesse mee and de-
fend me all this night: let my
rest be in thee, & grant mee thy
grace, that neither much sleepe
ouerwhelme me, nor Sathan
inuade mee, nor the flesh be-
tray me vnto him, and make
mee guilty in thy sight. Let
mine eyes sleepe, but let mine
heart wake. O Lord lighten
mine eyes that I sleepe not in
death (least the subtil tempter
overtake mee, and I sleepe a
continuall & perpetuall sleepe,
and wake no more) for thou
art my euerlasting helper:
keepe me as the apple of thine
eye: hide me vnder the shadow
of thy wings, O Lord, that
nei.

The daily Exercise

neither vgly visions, nor horrible dreames, nor sights and monstrous apparitions trouble me in the darke. In thy name (O sweet Iesu) will I goe to bed: giue sleepe to mine eyes, & slüber to mine eie-lids compasse me about, & raise me againe to the ioyfull sight of to morrow light, & after this miserable life bring mee to the beholding of eternall happinesse, that in thy light I may see light, and may euermore praise thee, world without end, Amen.

The Conclusion.

O Lord into thy häds I comēd my spirit this night and all the dayea of my life.
Blesse

of a Christian.

Blesse mee, keepe me, and saue
me, now and euer, Amen.

For Tuesday, a Morning
Prayer.

Sing that thou, O Hea-
uenly Father, art that
one and alone almighty God
which art in every place, be-
holdest the counsels, deuices,
and woꝝkes (yea, the very
thoughts of all men) & giuest
to euerie one according to
their deedes: I most humbly
beseech thee, that (forasmuch
as thou hast graciouslie pre-
served mee this night from all
perils) I may not spend this
day after mine owne mind &
pleasure, which is alway euill
& wicked, but earnestly looke
vpon,

The daily Exercise

upon, and diligently follow
thy fatherly will, thy everla-
sting counsell, thy healthfull
word and pleasure, which is
alwaies good, perfect, & holy,
and fulfill the same with good
will : that whatsoeuer I take
in hand, it may prosper, that
of mee most miserable sinner,
thy diuine name may alwaies
be sanctified both now & ever,
through thy dearely beloued
Son Iesu Christ, Amen.

Our father which, &c.

Supplications vnto God.

O Lord open thou my lips
y whatsoeuer I speake.
it may bee to thy praise and
gloze, and to my profite, and
fartherance in thee : that I
may

of a Christian.

may lift vp my handes and
heart, without wꝛath oꝝ ma-
lice, saying,

O **G** **O** **D** make spꝛede to
heale mine infirmities.

O **L**ord, make hast to put
away mine iniquities.

Glory be to, &c. As it, &c.

The Psalmc.

I **P** thee, **O** **L**ord, haue I
put my trust, let me not bee
put to confusion, deliuer mee
in thy righteousness.

Unto thee, **O** **L**ord, will I
lift vp my soule, my **G**od I
haue put my trust in thee, **O**
let me not be ashamed: shew
me thy waies, **O** **L**ord, and
teach me thy pathes.

Lead me forth in thy truth

E

and

The daily Exercise

and learne mee, for thou art
the God of my saluation.

Call to remembrance (O
Lord) thy tender mercies, and
thy louing kindnesse, which
haue bene euer of old.

O remember not the sins
and offences of my youth, but
according to thy mercy thinke
vpon me, O Lord: for thy good
nesse, for thy names sake, O
Lord, bee mercifull vnto my
sinne, for it is great.

Loke vpon my aduersity &
misery, & forgine all my sins.

Keepe my soule & deliuer me,
let mee neuer bee confounded,
for I haue put my trust in
thee.

Shew the light of thy coun-
tenance vpon thy seruant, and
teach

of a Christian.

teach me thy statutes.

Watch (my soule) because
thou knowest not in what
houre the Lord will come.

Watch (my soule) & pray,
that thou enter not into temp-
tation, for the spirit is ready,
but the flesh is weake.

Watch (my soule) and pray,
stand fast in þe faith: quite thee
manfully, and be strōg, let all
thy businesse bee done wth loue,
thzough Iesu Christ our Lord.

Set a watch, O Lord, be-
fore my mouth, and keepe the
dore of my lips : O let not
mine heart be inclined to any
euill thing : let me not be oc-
cupied in vngodly workes.

Hearken vnto my prayer,
O Lord, that goeth not out

The daily Exercise

of fained lippes.

O hold thou vp my goings
in thy paths, y my foote-steps
slip not : incline thine eare to
me, and heare my words.

Shew thy marvellous lo-
uing kindnesse, thou which
art the Sauour of them that
put their trust in thee.

O God, waken me, quic-
ke me vp, suffer mee not to lie
still wallowing in the mire.

Strengthen mee against
naughtie customes : and em-
bolden mee to abhorre those
things that are to be despised.

Giue mee power to treade
vile things, as dust vnder my
soete : and cause me to set my
mind vpon the highest, excel-
lentest, and best things that
please

of a Christian.

please thee.

Giue me grace to hearken
to thy calling, and diligently
to follow thy guiding.

For thou (O Lord) leadeſt
mee to the ſtoze of all things:
thou offerest thy ſelfe and all
thy graces to mee : giue mee
grace (good God) to receiue
them.

Thou ſhewest me y way to
moſt ſingular benefits: ſuffer
me not to turne my head, til I
haue takē poſſeſſion of them.

Giue mee conſtancie, and
ſteadineſſe of mind, that my
thoughts may not bēe fleeting,
fond, and vnfruitfull, but that
I may perſorme all things
with an vnmoveable mind.

O God my ſtrength, my

The daily exercise

refuge, and my deliuerer, put
into my mouth how to call vpon
thee.

Giue mee such woꝝkes as
may please thee, and diue
from mee such things as dis-
please thee.

¶ God mine helper, en-
rich mee with thy blessings,
and strengthen mee with the
armour of thy word, against
all mine enemies.

Let me not be of their num-
ber (¶ God the strength of
my health) that beleene for a
time, and shrinke away in the
time of temptation.

¶ Ouershadow me in the day
of battell, bee mine hope in af-
fliction, and my helpe in tribu-
lation.

of a Christian.

O Lord, enlighten and instruct my mind, that I may esteeme euerie thing as it is worthe, and yet not make the lesse reckoning of thee, sith nothing can bee so precious as thou.

And let me make account of man, as nothing more excellent among the things of this world: make mee loue him next vnto thee, either as likest my selfe, or as the child, and therefore like my brother.

And cause all vs euen heere to resemble thine Heauenly Kingdome, through mutuall loue, where all hatred is quite banquished, where all is full of loue, and consequently full of ioy and gladnesse.

The daily exercise

Softten my heart, O God,
that I may be moued no lesse
at the necessities and griefes
of my neighbors, then if thay
concerned my selfe.

O most mild and mercifull
Christ, I beseech thee breath
vpon mee the spirit of meeke-
nesse and goodnesse.

Put into mee the spirit of
mildnes, that I may patient-
ly suffer both the euill will,
the euill speech, and the euill
doings of mine enemies.

Bee mindefull of mee, O
Lord, according to thy mercy:
for thy goodnes sake keepe my
soule and deliuer me.

So shall I not be ashamed
for putting my trust in thee.

Turne my mourning into
ioy

of a Christian.

ioy, rend my sackcloath asunder, and compasse mee about with gladnes, that my tongue may sing of thee, in the reioycing of my soule.

My soule hath helde out in thy word: yea, my soule hath trusted in thee, O Lord.

O Lord, suffer mee not to enter into the way of sinners, with a minde to fulfill the desires and lusts of the flesh. but whensoever through frailnes of my corrupt nature, I shall chaunce to runne astray, then O Lord stay mee, and plucke my feet backe againe.

Defend me, I beseech thee, from such as resist thy right hand: keepe me as the apple of thine eye, hide mee vnder the

The daily Exercise

Shadow of thy wings, & from
the vngodly that trouble mee
dayly.

I will sing of thy power,
and will praise thy mercy be-
times in the Morning, O
Lord: for thou hast bene my
defence in the day of all my
trouble.

To thee, O my strength,
will I sing: for thou O God
art my onely refuge, my Sa-
uioz, and my mercifull God:
Teach me thy way, O Lord,
that I may walke in thy ho-
ly truth al the time and dayes
of my life.

O Lord heare the prayers
of thy seruant, according to
thy blessings, so shall I not ap-
peare emptie befoze thee.

Let

of a Christian.

Let my offerings, O Lord,
make thine Altar fat, that the
smell thereof may be sweet to
thee, which art the most high
ouer all the earth.

Glozy be to, &c. As it was &c.

A Petition to God.

A Almighty God the Fa-
ther of mercy, and God
of all comfort, which onely
forginest sins, I beseech thee
accept these my humble pray-
ers, and forgive my wicked
sins, that by the multitude of
thy mercies they may bee co-
uered, and not imputed vnto
mee: and by the operation of
the H. Ghost, I may haue po-
wer and strength heereafter
to resist sin by our Saviour &

Lord

The daily Exercise

Lord Iesus Christ, to whom
be praise now & euer, Amen.

¶ Grace before dinner.

All thinges depend vpon
thy prouidence, O Lord,
thou giuest them meat in due
season: thou openest thy hand,
and fillest with thy blessing
euery liuing thing: good Lord
blesse vs, and these thy giſtes
which we receiue of thy boun-
thous liberality, through Je-
su Christ our Lord, Amen.

¶ Grace after dinner.

Ve render prayſe and
thāks to thee (O hea-
uenly Father) that thou haſt
(of thy great goodneſſe) fed vs
liberally with earthly foode:
wæ

of a Christian,

wee pray thee also to giue vnto vs the comfort of thy heauenly grace, that we may bee mindefull of thy poore creatures which beg at the doore, and thankfull vnto thee the giuer of al, to whom be praise now and euer, Amen.

¶ Euening Prayer for
Tuesday.

God Lord God, & sweet
Santo2 Jesu Christ, the
Son of the everlasting God,
graunt vnto mee most fraile
sinner, and miserable wretch,
this grace and mercy, . that I
may euer haue present before
the eyes of my soule, thy holy
life, thine example & behavi-
our, & that (for my possibility
and

The daily Exercise
and power) I may in living
and maners follow the same :
and cause mee, good Lord, to
profit, grow, and increase
therein, to such perfection as
may bee acceptable vnto thee,
for the saluation of my soule.
Vouchsafe also, sweet Saviour
(I beseech thee) to direct & or-
der all my cogitations and
thoughts, all my speeches and
words, all my acts & deeds, in
thy law & commandements,
in thy monitions and Coun-
sels: and bind me, good Lord
so wholly to thee, that here in
all things doing thy will, I by
thy grace may bee one of the
saued soules in Jesus Christ,
Amen

Sup-

of a Christian.

Supplications vnto God.

O Lord, I beseech thee to open my mouth, that with my lippes and tongue I may prayse thee, and giue vnto thee thanks for all thy goodnesse towards me: & I beseech thee to keepe it from all vaine and filthy speech, from all leasings. & from all manner of fencences, & to thee or my neighbour might come thereby.

God make speede to saue mee.

Lord make hast to helpe mee.

Glozy be to &c. As it was &c.

The Psalm.

Let thy louing mercy come to mee, O Lord, even thy salua

The daily Exercise

Saluation, according to the
word.

¶ Turne away mine eyes,
least they behold vanity, and
quicke thou me in thy waies.

¶ Stablish the word of thy
trath in my heart : for myne
hope is in thee.

¶ Thinke vpon thy seruant
as concerning thy Word,
wherein thou hast caused mee
to put my trust.

¶ Let the word of trath bee
euer in my mouth : so shall I
be able to answer all mine e-
nemies.

¶ Let it bee my comfort in
myne aduersity : and let mee
delight therein, when I am
in prosperity.

The proud will haue mee
cr

of a Christian.

exceedingly in derision : yet
will I not at any time thinke
from thy law.

For I haue remembred thy
euerlasting iudgements, O
Lord, and therein do I receiue
great comfort.

O let thy Statutes be my
songs, in the time of this my
Pilgrimage.

I will thinke vpon thy
Name, O Lord, in the night
season: and at midnight will
I rise vp to giue thanks vn-
to thy Name, because of thy
righteous iudgements.

I will bee a companion of
all them that feare thee, and
I will bee equall with those
that loue thy lawes.

O learne mee true vnder-
standing

The daily exercise

standing and knowledge, that
I may walke in the land of
the liuing.

Thy hands haue made mee
and fashioned me. O giue me
not ouer into mine enemies
hands, which seeke dayly to
spoyle and deuour me. Mine
eyes long sore (O Lord God)
for thy sauing health : O let
thy kindnes bee my comfort,
and let thy louing mercies
come vnto mee, that I may
line and loue thy law.

O how swete are thy
words vnto my throate ! yea,
they are sweter then honie
vnto my mouth.

Let the free will offerings
of my mouth please thee (O
God) that through thy com-
mande

of a Christian.

maundements I may get vnderstanding thereby, to hate all wicked waies.

Away from me ye wicked: for I will keepe the commandements of my God.

Make mee delight in that which is good, that the proud doe me no wrong.

Looke thou vpon me, and be mercifull vnto me, as thou blest to doe to those that loue thy name.

Deliver me frō the wrongfull dealings of men, and order all my steps in thy word: so shall no wickednesse haue dominton ouer me.

Mine eyes preuēt the night watches, that I might be occupied in thy cōmandements.

Hear

The daily exercise

Hearre my voice, O Lord,
and consider mine aduersity :
auenge my cause and deliuer
me.

Thy righteousness is an e-
uerlasting righteousness : O
grant mee vnderstanding and
I shall liue.

Consider, O Lord, how I
loue thy law, all the day long
is my study in it.

Seauen times a day doe I
praise thee, because of thy
righteous iudgements.

My lips shall speake of thy
praise, yea my tong shall sing
of all thy goodnes, for great is
thy glory, O Lord.

I haue longed for thy sauing
health O God: O let my soule
liue, and it shall praise thee.

Deli.

of a Christian.

Deliver my soule, O Lord,
from lying lips, and save me
from a deceitfull tongue.

For vnto thee doe I lift
vp mine eyes : O thou that
dwellest in the Heauens.

Behold, euen as the eyes
of Seruants looke vnto the
hand of their Masters, and as
the eyes of a maid to the hand
of her Mistris: euen so doe my
eyes wait vpon thee, O Lord
my GOD, vntill thou haue
mercy vpon me.

Haue mercy vpon mee, O
Lord, haue mercy vpon mee:
else am I vtterly despised.

Doe well, O Lord, to those
that be good & true of heart.

My helpe standeth in the
name of the Lord: which hath
made

The daily Exercise

made both heauen and earth.

Keepe mee, O Lord, from
the hands of the vngodly: pre-
serue me from the wicked man
which purpose dayly to ouer-
throw my goings.

O Lord God the strength
of my health, let not the vn-
godly haue his desire on mee:
let not his mischienous imagi-
nations prosper, least they be
too proud.

Open mee the gates of
righteousnes, that I may goe
into them, and giue thanks
vnto thee O Lord.

Helpe Lord for my spirit
wareth faint: and my heart
within me is desolate.

I will offer to thee thanks
and sacrifice: and will call vp
on

of a Christian.

on thy name, because it is so comfortable.

Turne againe vnto thy rest then (O my soule) for the Lord hath rewarded thee.

Gracious is the Lord and righteous: yea, our God is mercifull.

I will walke before the Lord in the land of the liuing.

Deale with mee, O Lord, according to thy name: for sweet is thy mercie.

O helpe me against my enemies: for vaine is the helpe of men.

My flesh trembles for feare of thee, and I am afraid of thy iudgements.

The feare of the Lord is the beginning of wisdom: a good vnder-

The daily Exercise

understanding haue all they
that doe thereafter: the praise
of the Lord endureth for ever.

A Song of praise and thank-
giuing vnto God.

Blessed bee thy Name, O
God my King: I will
praise thy name for ever and
ever.

Every day will I giue
thanks vnto thee: and will
praise thy name for ever and
ever.

Great is the Lord, & mar-
uelous worthy to bee praised:
there is no end of his great-
nesse, for his mercy endureth
for ever.

One generation shall praise
thy name vnto another, and
let

of a Christian.

set out thy woꝝkes from generation to generation.

As for mee, I will be talking of all thy wonders : and sing of thy glory and prayse, all the day long.

Praise the Lord, O my soule : while I haue any being, will I praise the Lord, yea, as long as I liue will I sing praises vnto my God.

Praise the Lord, O my soule, and all that is within me praise his holy name.

I will make sweete songs vnto thee, O God : yea, according vnto my tune will I make songs vnto thee, and I will daily praise thee with my songs : in setting out thy holy name, making the Temple
F to

The daily Exercise
to sound thereof.

I will remember the greatness of thy name (O God) and I will set forth thy praise for ever and ever.

Glorie bee to &c. As it was &c.

Lord haue mercy, &c.

Christ haue mercy, &c.

Lord haue mercy, &c.

Our father which, &c.

I beleue in God the Father Almighty, &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

An humble Petition vnto
God.

O Almighty and euertlasting God, which not
only

of a Christian.

onely giuest euery good and perfect gift, but also increasest those giftes which thou hast giuen: I most humbly beseech thee, mercifull God, to increase in mee the giftes of grace, that I may perseuere and goe forward in the same al the daies of my life: Whence also I pray thee, y thou wilt of thy mercifull goodnesse accept these prayers which I haue made vnto thee, that I may liue and loue thy name, & at the last raigne with thee in glory, who art y only God ouer all the earth to whome be prayse for euer & euer world without end.

Grace before supper, as at dinner.

Grace after supper, as at dinner.

¶ 2

Pray.

The daily Exercise

¶ Prayers at night before
you goe to bed.

The Confession of a Sinner.
O Lord heare my confession.
And grant me thy remission.

O God and mercifull Father, bee mercifull vnto me, for many bee the enemies that daily fight against mee. O thou GOD that art most High, I come heere prostrate in heart, confessing mine abominable wickednesse, both in thought, word and deed, al my life long, wherein I haue offended thy Maiesty, I need not to repeate them, O Lord, to thee, thou knowest where they

of a Christian.

they were done, and when : y
number of them is innume-
rable : O Father the remem-
brance of them , yea, the re-
membzance of them is grie-
uous vnto my heart, for they
are against me in thy sight, as
thesand in the sea, oz y moles
in the sunne, which cannot be
numbzed. O Father, they are
so odious, detestable, & grie-
uous to my heart, that with-
out y hope of thy great mercy
powzed on mee, in the death &
bloud of thy deare Sonne my
Sauioz Iesus Christ, in faith,
I should vtterly haue fallen
into desperation, and bedam-
ned for ever in hell fire, so lit-
tle helpe is there in me oz in a-
ny other creature. But this

The daily Exercise

is my hope, O Father, that thou wilt giue me true repentance, and then (I trust) thou wilt grant to me most unfeeling wretch of all wretches, & forgiveness of all my sinnes, and release me from all the paines due for the same. O Father, now for so much as thou hast taught vs to pray, to aske, & hast promised that thou wilt giue: to knocke, and hast assured that thou wilt open: I beseech thee, O Father, grant mee from hence forth a continuall and perfect faith & hope only in thee, and in thy sonne Iesus Christ: that I may say, O God the Father haue mercy, O God the Son haue mercy, O God the H. Ghost haue

of a Christian.

haue mercy vpon me : O ho-
ly and blessed Trinity, Thee
persons and one God, haue
mercy vpon me, and forgive
mee all my sins and wicked-
nesse that I haue committed
since I came into this mise-
rable world : for I haue ma-
ny waies most grievously
Transgressed thy most godly
and blessed commandements,
through wicked thoughts,
ungodly lusts, sinfull works
and deeds, all my life long: in
sin was I borne and concei-
ued, and there is no good thing
in me, insomuch, that if thou
shouldest enter into thy nar-
row iudgement with me, I
were not able to suffer or a-
bide it : forgive me, O Lord,

The daily Exercise

I beseech thee, forgive mee,
and reconcile me unto thee, &
graunt me thy grace and fa-
uour, by Iesus Christ my
onely Mediator, with ever-
lasting life : through the me-
rit of whose bitter death and
passion, and through whose
innocent blood shedding, I
beseech thee, O Heauenly fa-
ther, that thou wilt vouch-
safe to bee gracious and mer-
cifull vnto me, to forgive and
pardon all my sins, to lighten
my heart with thy holy spi-
rit, to renew, confirme, and
strengthen mee with a right
and perfect faith, and to en-
flame in mee loue toward thee
and my neighbor, that I may
henceforth with a willing & a
glad

of a Christian,

glad hart, walke as it becometh mee in thy most godly & blessed commandements, and so glozifie and prayse thee euerlastingly. And (O Lord God heauenly Father) forsomuch as thou wilt bee prayed vnto, and called vpon, for thy manyfold mercies, I cōe now vnto thee right humbly, for whatsoener shall be to mee necessarie in thy sight, calling vpon thee most earnestly in that heauenly forme of Prayer, which thy dearely beloued Sonne our Saviour Iesus Chzist hath himselse taught vs : and from the bottom of my heart, cry and say : Our Father, &c.

The dayly Exercise
A Thanksgiuing to God.

O Almighty, liuing, true,
and mercifull God, eter-
nall Father of our Lord Je-
sus Christ, which, together
with thy Sonne and the Ho-
ly Ghost, hast created the
frame of this world, with all
things therein contained, and
preseruest the same as yet, ac-
cording to thy free pleasure,
(whereby thou deseruest more
praise then I can expresse) I
will magnifie thee in the great
congregation, and amongst
much people will I praise
thee, and will sing to thee a-
mong all Nations: for thy
mercy is great aboue the hea-
uens, and thy truth reacheth
vnto

of a Christian.

unto the clouds. Blesse the
Lord **O** my soule, and all that
is within me praise his holy
name: for it is thou, **O** Lord,
which of thy abundant grace
and great mercy, hast preser-
ued mee this day from the cru-
elty of Satan, and from sun-
drie perils and calamities:
Thou hast shewed mee great
troubles, notwithstanding
thou returnedst and reuinedst
mee: thou hast frowned vpon
me, yet (mercifull Lord) thou
hast heard my prayers. There-
fore will I remember thee in
my bed, and I will thinke vpon
thee when I am waking.
Incline thine eare, **O** Lord,
make hast to deliuer mee this
night, that no euill happen to
me:

The daily exercise

me: so gouerne and p̄serue mee in slēpe, that my soule come not into danger: let me in slēpe feele the swēnesse of thy most excellent comforts. And when I awake, let mee know that thou onely hast protected me: when slēpe hath overwhelmed me, lay thou thy hand on mee, that when my slēpe is past, I may rise to praise thy holy and blessed name.

The Conclusion.

God the Father, &c. kēpe me slēping, saue me waking, and protect mee this night and euer, Amen.

For

of a Christian.

For Wednesday, a Morning
Prayer.

All thanks that I can
possibly giue, I render
vnto thee, O Lord, Iesus
Christ, for that thou hast wil-
led this night past to bee pros-
perous to me: I beseech thee
likewise to prosper all this
same day vnto mee, for thy
glozy, and for the health of
my soule. O thou which art
the true light, not knowing
any going golwne, and which
art the Sunne eternall, gi-
uing life, foods, and gladnesse
vnto all things: vouchsafe to
shine into my minde, that
I may not any where fall
or stumble into sinne: induc
me

The daily Exercise

me with thy holy spirit, that I may not thinke, speake, or doe any thing this day, but y^e which may please thee, & tend to the aduancemēt of thy glory, & health of my soule. Go-uerne thou my vnderstanding and will, and so direct all the cogitations of my heart, that I may bee wholly thine, my God, & Redēmer, to whome by praise for euer, Amen. Our Father which, &c.

Supplications vnto God.

O Lord open thou my lips, and guide me by thy holy spirit to a true acknowledge-ment of all my sins: that my prayers may be heard of thee, in y^e name of Christ thy Son.

of a Christian.

God make speed to saue
mee.

LORD make hast to
helpe me.

Glozy be to ec. As it ec.

The Psalm.

Vnto thee, **O** Lord, I lift
vp my soule, **O** my God
heare me : my soule longeth
for thee, my flesh thirsteth af-
ter thee in a barren and drie
land, where no water is, to see
thy strength and glozy.

Ligheten my mind this mor-
ning, with the shining and
clearenesse of thy wisdom.

Giue me the spirit of wise-
dome and reuelation, through
the confession of thee : that I
may know what my hope is

Fill

The daily Exercise

Fill me with thy mercy in the morning: so shall I be glad and reioyce all the day long.

O most mercifull God, turn thine eyes of compassion vpon me: and haue mercy vpon mee.

Looke on me with thy fauorable countenance: and turne not thy face from thy seruant.

Assist me with thy fauor, that I may doe thy will: open mine eyes that I may see & consider y^e wōderful things of thy law.

Make mee in the morning betimes to behold thy gloze, and in the night to sing of thy prayse.

O God, the guider of my life, forsake mee not, neither giue me a proud looke: & turne frō me the filthinesse of y^e flesh.

of a Christian.

O Lord God and father, I
beseech thee by **CHRIST**
our Lord, that of thine infi-
nite mercy thou keepe mee, so
as at no time I follow y^e coun-
sel either of y^e ungodly, which
know thee not, or of Hypo-
crites, which with their hearts
seeke thee not.

Keepe mee that I sit not in
the seat of pestilent scorers,
which cloaking their owne
Pharisaicall and diuellish in-
tents, condemne in other men
thy verity and Gospell.

O bring to passe that I may
burne in y^e desire of thy Law,
that vpon the advancement of
thy word, my mind may al-
waies be occupied, that I may
euermore chouse that which is
most

The daily Exercise

most pleasant in thy sight, & hate that, both in my selfe, & others, which is displeasing vnto thee.

Make me, I pray thee that I may be a tree planted by the swete kiners of thy Ghostly waters: to th'intent that when I am so placed, I may bring forth fruit to thy glory & the profit of my neighbor, as often as thou shalt minister time & occasion thereunto.

Assist me, I beseech thee, & for Iesus Christs sake, let all things prosper with me whatsoeuer I shall do in thy name. Grant me also, O most mercifull father, that I may take root in the ground of life, lest that with the vngodly, like chaffe

of a Christian.

chaffe & dust, I bee blowne abroad with that most pernicious winde of worldly vanities. Grant that I may stand in the assembly of the righteous, and that I may enter into iudgement without punishment, and that I may escape everlasting damnation.

O Lord, thou art sweete and rightfull, and bringest againe into the way, them that went out.

Haue mercy vpon me, O GOD, I beseech thee haue mercy vpon me : for in thee my soule trusteth.

Verily, my soule hath a speciall respect vnto thee: for my health, my glorie, and all my strength commeth from thee,

The dayly exercise
thee, O Lord my God.

For thine owne sake, O
Lord, lay not my sins to my
charge : I vnderstand not
mine errours, innumerable
troubles close me in on euery
side : my Sinnes haue taken
such hold vpon mee, that I
am not able to looke vp.

Put to thine hand to helpe
me, in all my workes : that no
sinne overcome mee. Set a
watch before my mouth, and
keepe the doore of my lips.

Let the words of my mouth,
and the meditation of myne
heart, bee euer pleasaunt and
acceptable in thy sight.

Let the words of truth and
knowledge neuer goe away
from my mouth, and suffer
no

of a Christian.

no malice to dwell in my hart.

O Lord, deliuer my soule
from lying lips : and saue me
from a deceitfull tongue.

Put into my mouth thy
true & holy word, & take from
mee all idle and vnfruitfull
speech : deliuer me from false
surmisers and accusers of me.
rule mee as thou thinkest good,
after thy will and pleasure.

Turne from mine eyes the
beholding of vaine thinges, &
fasten them in thy way.

Take from me fornication
and all vncleannesse : and let
not the loue of the flesh beguile
me.

Yea deliuer my soule from
Pride, that it raigne not in
mee : and then shall I bee
cleane

The daily Exercise
cleane from a great sinne.

Stay and keepe my fete
from euery euill way, lest my
steps swarue from thy paths.

Mine eyes looke vp euer vn-
to thee O Lord, because thou
art nigh at hand, and all thy
waies be truth.

Thy mercies be many and
great, O Lord: blessed is that
man that putteth his trust in
thee.

For when I said vnto thee
my fete slipped, thy mercy, O
Lord, did by and by hold mee
vp.

Giue mee vnderstanding
to doe thy will: and leade me
right in all thy paths.

O saue my soule, and deli-
uer me fro the power of dark-
nesse,

of a Christian.

nesse, which is a Sword of
thine.

Let the brightnesse of thy
face shine vpon thy seruant :
for vnto thee, O Lord, haue
I fled for succour.

Looke vnto mee, and haue
mercie vpon mee : for I am
desolate and poore.

Keepe my soule and deliuer
mee, that I bee not confoun-
ded : for I haue alwayes tru-
sted in thee.

O Lord, I beseech thee, for-
sake me not, although I haue
done no good in thy sight.

Let mee depart from those
things that are wicked : that
my sins may turne from me.

Let mee not bee faint-hear-
ted when I make my prayer
neither

The daily Exercise

neither disobediēt to thy feare
O Lord.

Order my way aright, for
my trust is in thee: hold mee
fast in thy feare, that I may
grow old theretn.

Giue me thy feare O Lord,
that I may loue thee: and my
heart shall bee lightened there-
with.

Was there euer any con-
founded that put their trust in
the Lord: or who hath conti-
nued in his feare, & was for-
saken: or whō did he euer des-
pise, that called vpon him?

Thou, O God, art graci-
ous, and forginest sins: I be-
sech thee of thy goodnesse par-
don my faults past, and grant
mee, that at the leastwise I
may

of a Christian.

may now begin to liue well,
& euer hãreafter perseuere in
thy feare & seruice to the end.

Glory be to, &c. As it, &c.

A Petition vnto God.

O Heauenly Father, I
yeeld thee most humble
and hearty thanks, for that
thou hast patiently heard my
prayers. I beseech thee suffer
mee not to perish in the mul-
titude of my sinnes, but assist
me with thy holy spirit. And
as thou hast commanded mee,
good Lord, so do I come vnto
thee, praying for the gift of all
these requests: and especially
(O Lord) I begge of thee the
gift of firme faith established
in thy truth, that I holding it
for

The daily Exercile

for my defence, may be safely
armed against all my enemies
with the helpe of Iesus Christ
my Saviour, to whome bee
praise for ever, Amen.

¶ Grace before dinner,

O Heavenly Father, which
art the fountaine & full
treasure of all goodnesse, wee
beseech thee to shew thy mer-
cy vpon vs thy Children, and
sanctifie these gistes which we
receiue of thy mercifull libe-
ralitie, granting vs grace to
 vse them soberly and purely,
according to thy most blessed
will, through our Lord and
Saviour, Amen. God saue
his Church, &c.

¶ Grace

of a Christian.

¶ Grace after dinner.

WE thank thee, O God
of heaue, for these thy
benefites which wee haue re-
ceined: giue vs grace wee be-
seech thee, that we may reme-
ber continually to seeke the
spirituall food of thy word,
wherewith our soules may be
nourished euerlastingly, tho-
row our Saviour Christ, to
whom bee praise for euer, A-
men.

¶ Euening Prayer for
Wednesday.

O LORD which art the
strength of all such as
trust in thee, I beseech thee
let the voyce of my complaint
come

The daily Exercise

come into thine eares, & hearken vnto the voice of mine humble desires. Cast thine eyes of mercy vpon my miseries, deliuer mee from them which hate me, and mercifully assist mee which call vpon thy name. And forsomuch as mans infirmity can doe nothing without thee, graunt I most humbly beseech thee, the helpe of thy spirit, that liuing according to thy commandements, both in wil and deed, I may euer please thee : and that I (which am thy seruant) may incessantly giue glozie vnto thee, & dwell continually vpzight and perfect in thy household, & chiefly in time of tribulation. Let me
alwaies

of a Christian.

alwaies lift vp pure hāds vnto thee, saying continually this prayer: I beseech thee (O Lord) blesse mee which hast created heauen and earth, the sea, and all that is contained therein, to thee be prayse for ever, Amen. Our Father, &c.

Supplications vnto God.

O Lord open thou my lips, that my mouth may laude thee: dispose mine heart, that I may celebrate and honour thy holy name.

Giue vnto my heart a continuall care of obseruing thy lawes, that I may not any way offend thy Maiestie, or bee hurtfull to my Neighbor.

The daily Exercise

O God make speed to saue mee.

O **L** **O** **R** **D** make hast to helpe me.

Gloꝝy be to &c. As it &c.

¶ The Psalmc.

Be mercifull vnto mee(**O** **L**oꝝd) bee mercifull vnto mee, for my soule trusteth in thee : and vnder the shadow of thy wings shall bee my refuge.

O **L**oꝝd declare thy fidelit̃y and great goodnesse toward me: and deliuer me according to thy promise.

I call vpon thee(**O** my God and Father) strengthen me. giue power and vertue to my soule,

of a Christian.

soule, that I may praise thee
and thy goodnesse.

Let thy strong hand ouer-
come mine enemies: and bee
on my side against them.

Deliver mee from all dan-
gers of the body: and for the
loue of thy holy Name, keepe
my soule from all euill.

There is nothing in mee,
which thou knowest not: nei-
ther is there any thing in mee
which is not in thy hands.

For thou hast created mee,
and furnished mee with all ne-
cessarie things, fro my Child-
hood vntill this day, and this
present houre.

I cannot worthily and e-
nough prayse and extoll thy
great and admirable proui-
dence,

The daily Exercise

dence, neither yet am I able to comprehend it.

But, what requirest thou of vs, but only that we should giue our selues wholly vnto thee, and submit our selues to thy holy will in all that belongeth to the Necessity both of our bodies and soules.

Wherefore I beseech thee (O good GOD) to take the charge of mee thy servant through thy great goodnesse.

Graunt that with a stedfast faith I may hope and trust altogether in thee.

and when I shall bee in any danger, let mee not looke for any succour elsewhere, but of thee.

Trie, proue, & examine my
heart

of a Christian,

heart (O Lord) and purge it.

Take from me all euill cogitations & vaine thoughts, all deceits and lying.

Deliuere me from the hands of wicked and obstinate men, and conduct mee blessedly into thy good and eternall way.

Keepe me (O Lord) that I fall not into their hands : and let not thē vse mee after their foolish fantasies.

Be thou a couert and a shadow to my head, when I shall be assailed : and let not the wicked & proud persons proceede against me.

Reuenge my cause (O Lord) when I am oppressed, that I may prayse thy holy Name with an vpright and
G 5 pure

The dayly Exercise

pure heart, and with a ioyfull
and merry countenance.

Let my prayers be a sweet
saour befoze thee: and let the
lifting vp of my hands bee an
euening sacrifice.

Let mee prayse thee with
such honour and worship as
only belongeth vnto thee.

Let me not liue dissolately
with the peruerse and wicked
people: but frame my life in
such sort, that I may liue in
thy feare.

Let me not studie to excuse
mine impieties, and other my
enormous and foule offences,
as hypocrites be accustomed
to doe.

Let not my life be led after
their vile appetite and desire,
but

of a Christian.

but ruled according to thy
good and holy will.

Let me not giue eare vnto
the inticemēts of the wicked,
seducing mee to filthines and
euill: but rather let me be at-
tentive to heare the righteous
reproving me earnestly.

O Lord, let mee ever cast
mine eyes vpon thee, let mee
hope alwaies in thee, and stay
mee wholly vpon thee, that I
may be saued through thee.

Cast not away my soule,
neither let me perish in the va-
nities of my fond and foolish
mind.

Deliver me from y^e snares
which bee laid to trap mee in,
and saue me from y^e decettfull
conspiracies of the wicked.

Graunt

The dayly Exercise

Gravnt that the oyle of
Sanctification (which is thy
holy spirit) bee flaming with
in me continually.

Gravnt likewise, that the
dew of thy holy blessing may
fall vpon me, with increase of
all good things.

Bring to passe I beseech
thee (O Lord) that thy word
may sticke in my heart, and
take deepe root in my soule.

Worke so within mee, that y
diuell take not away y seed of
thy word sowne in my heart.

Gravnt, that when I haue
at any time heard thy word,
I may receiue y same to my
learning, and amendment,
comfort & instruction, which
is in righteousness, and in an
honest

of a Christian.

honest and good conscience.

Grant that I may bring forth fruit with patience, and continue in the same all my life long, and not to be tossed and carried about with every blast of vaine doctrine.

O holy Spirit, kindle my cold heart with the fire of thy love, cherish mee with thine healthfull heate, and purge me from the filthinesse of my corrupt nature.

Worke in mee righteousness, and a life to thy liking, that all my prayers may be acceptable in thy sight.

Make me diligent in the studie of thy word: & beate into my mind a true feare and love of thy name, that I may praise thee

The daily Exercise
thee world without end.
Gloze beto, &c. As it, &c.

A Song of praise and thank-
giuing vnto God.

Blessed bee the Lord my
Strength, which teacheth
my hands to worke, my fin-
gers to fight, and my mouth
to prayse him: his mercy en-
dureth for ever.

Blessed art thou, O God,
for thou art my forteresse, my
castle, my deliuerer, and my
defender against all mine ad-
uersaries: in thee onely will
I trust, for thy mercy is ever-
lasting.

Euery day will I giue
thanks vnto thee, and prayse
thy name in my songs, in my
say-

of a Chriltian.

ſayings, & in all my doings,
for thy mercy is maruetlous,
and endureth for euer.

Great is the Lord, & mar-
ueltous. worthy to bee pray-
ſed, there is no end of his
greatneſſe: for his mercy en-
dureth for euer.

Bleſſed are they that dwell
in thy houſe: for they will be
alway prayſing thy name, e-
uen for euer and euer.

I will magniſſe thee, O
God my King, and will ſing a
new ſong vnto thee, & praiſe
thy name for euer and euer.

Glorie be to, &c. As it was, &c.

Lord haue mercy, &c.

Chriſt haue mercy, &c.

Lord haue mercy, &c.

Our father which, &c.

The daily Exercise

I beleue in God the Father Almighty, &c .

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

¶ A Petition vnto God.

Almighty God, which hast promised to heare y^e petitions of them that aske in thy Sons name, I beseech thee mercifully to incline thine eare vnto me, that now haue made my praiers & supplications to thee. And graunt that those things which I haue faithfully asked according to thy holy will, may effectually bee obtained to the reliefe of my necessity, and to
the

of a Christian.

the setting forth of thy glorie:
And also giue mee grace that
I may bee alwayes mindfull
and thankfull for these & all
other thy most gracious bene-
fits, which thou so leuingly
hast bestowed vpon me, to my
great comfort: To thee be gi-
uen all praise, all honour, and
glory, Amen.

Grace before supper, as at
dinner.

Grace after supper, as after
dinner.

Prayers at night before you
goe to bed.

Hearken vnto me, O Lord,
I beseech thee.

And let my prayers ascend
vnto thee.

¶ A

The daily Exercise

¶ A Prayer to our Sauour Christ.

O Maker of Heauen and Earth, King of Kings, & Lord of Lords, which of nothing didst make mee of thine image and likenesse; and didst redeeme mee with thy most precious blood, whome I a Sinner am not worthy to name, nor with mine heart to thinke vpon, I humbly desire thee, and meekly pray thee that gently thou behold mee a wicked seruāt, and haue mercie on me, which hadst mercie on the woman of Canaan, & Mary Magdalen, which didst forgive the poore Publican, & the Thiefe hanging vpon the Crosse.

of a Christian.

Crosse. Unto thee I confesse
my sins (most gracious God)
which if I would, I cannot
hide from thee: haue mercy on
mee (O Christ) for I wretch
haue sore offended thee, in
pride, couetousnes, in glutto-
nie, in lechery, in vaine-glo-
rie, in hatred, in enuie, in a-
dulterie, in sporting, in disso-
lute and wanton laughing,
in idle words, in hearing, in
tasting, in sleeping, in touch-
ing, in thinking, in working,
& all wayes, in which I fraile
and most wretched sinner
might sin. Therefore I doe
most humbly pray and beseech
thy goodnesse, which for my
health descendedst from heauen,
who didst hold vp David,
that

The daily Exercise

that he should not fall into sin,
haue mercie vppon mee, O
Christ, which forgauest Pe-
ter that denied thee. Thou
art my Helper, my Creator,
my Maker, my Redeemer,
my Governour, my Preser-
uer, my Father, my Lord, my
God, and my King. Thou art
my hope, my trust, my helpe,
my strength, my defence, my
redemption, my life, my health,
and my Resurrection. Thou
art my stedfastnes, my refuge,
and succour, my light & helpe:
I most humbly and heartilie
desire and pray thee to helpe
me, defend me, make me strong
and comfort mee: make me
stedfast, make mee merrie,
giue me light and visit me, re-
uine

of a Christian.

liue me againe that am dead:
for I am thy making and thy
worke, O Lord despise mee
not: I am thy servant, yea
thy bondman, although euill,
although vnworthy, and a sin-
ner. But whatsoeuer I am,
I am euer thine. Therefore
to whom shall I flie, except I
flie to thee? If thou cast mee
off, who shall or will receiue
me? If thou despise mee, and
turne thy face from me, who
shall look vpon me, or recog-
nize & acknowledge me? Yea,
although I am vnworthy to
come vnto thee, being vile &
uncleane: yet (though I be
vile & uncleane) if thou wilt
O Lord, thou canst make mee
cleane: if I be sicke, thou canst
heale

The daily Exercise

heale me: yea, though I were
dead and buried, thou canst re-
uite me, & raise me vp again.
Thy might & mercie is much
more then mine infirmity and
iniquitie, and thou canst for-
giue more then I can offend.
Therefore, O Lord, consider
not, nor haue respect to the
number of my sins, but accor-
ding to thy mercy forgive
me, and haue mercy vpon mee
(most wretched sinner.) O
Lord, say to my soule, I am
thy health, which hast said, I
will not the death of a sinner,
but rather that he wold turne
and be conuerted vnto me. O
omnipotent and mercifull
God, the Father eternall, see-
ing thou despisest not a sin-
ner,

of a Christian.

ner, bewailing with a cōtrite heart for offending thy high Maiesty : I pray thee by thy grace to draw mee nigh vnto thee, and to heare my prayers, and to forgive mee mine offences, and to comfort me in my afflictions. And, O Lord, forgive them that oppresse mee : and so defend mee, that my Chostly enemye haue no power to deuoure mee, as he desireth, but that I may strongly withstand his fraude and snares to my comfort. And finally graunt that I may die in the true faith, and rest with thee in thy everlasting Kingdome, Amen.

¶ A

The daily Exercise

¶ A thanksgiuing vnto
God.

O Lord God, which art
my life, and the length of
my dayes, mine vpholder, pro-
tecting me from my youth : I
thanke thee this evening, and
with my lips and heart, and
all the powers within mee, I
ertoll thy wonderfull & mar-
uellous goodnesse, that thou
hast defended mee this day a-
gainst all aduersities both of
body and soule. O Lord, vn-
to thee doe I crie, heare mee
now this evening tide : for I
doe offer vnto thee the conti-
nuall sacrifice of thanksgi-
uing, prayeing thy goodnesse
for thy mercifull protection &
defence.

of a Christian.

defence. In thy sight doe I
poyze out my prayer, y thou
mayest pardon all mine offen-
ces, & specially those which I
haue comitted this day in all
mine actions. Bring not into
thy iudgement, O Lord, all
my idle and vaine words: par-
don my babbling and frivo-
lous speech, and impute not
my foolishnes vnto me. O co-
fort the heart of thy seruant :
for vnto thee, Lord, doe I lift
up my soule. O holy Trini-
ty, I beseech thee protect mee
this night, that the diuel haue
no power ouer me. O father,
gouerne me by thy power, O
sonne, reuiue mee with thy
wisdome. And lighten me, O
holy Ghost with thy vertue.

¶

¶

The dayly exercise

O my Creator, bee present
with me, O my Redēmer,
aide me O my Comforter, a
bide with me. Giue mee this
night a good sleepe, that with
out cares & anguish of minde;
I may rest quietly: let not
troublesome dreames & fanta
sies disquiet me, let my sheepe
be sweete and helthfull to my
body and soule, that rising in
the morning in good heath, I
may praise thy holy name. Al
so I beseech thee graunt, that
both sleeping and waking I
may alwaies remember my
death, which is a passage to
an immortall life, by the ioy
full resurrectiō to everlasting
glory: to thee be prasse world
without end, Amen.

The

of a Christian.

The Conclusion.

O Lord blesse me, & keepe mee, make thy face to shine vpon me, and be mercifull vnto me: O Lord, lift vp thy countenance vpon mee, & giue me thy peace this night, and euer, Amen.

For Thursday, a Morning Prayer.

O Lord Iesus Christ, to whome, & befoze whome all things are manifest and plaine: which sufferest not a Sparrow to light vpon the ground without thy providence, and which in times past (by thy holy spirit) didst guide our forefathers, Abrahah,

H 2

The daily Exercise

ham, Isaac, & Jacob, in thy
paths and waies : which a-
gainst the going of yong To-
by into a strange country, pre-
sidedst thine Angell to be his
guide : grant mee this day,
most wretched sinner, whome
by thy word thou doest incou-
rage to call vpon thee in all
times of necessity , that I
may haue thy holy Spirit to
direct my paths & waies, that
I may liue according to thy
godly will & pleasure, to the
profit of my neighbor, and the
gloze of thy name, which li-
uest and raignest world with-
out end, Amen. Our Father
which art, &c.

Supplications vnto God.

¶

of a Christian.

O Lord open thou my lips,
y my mouth may speake
& praise thee. Cover me with
thy grace, that so I may bee
blessed, & abiding in the house
of thy congregation, may ac-
knowledge & call vpon thee,
and sing of thy prayles euer.

O God make speed to saue
mee.

O LORD make hast to
helpe me.

Glozy be to, &c. As it, &c.

¶ The Psalme.

Vnto thee will I crie, **O**
Lord my strength: think
no scorne of me: least if thou
make as though thou hearest
not, I become like them that
goe downe into the pit.

H 3 **H**eare

The daily Exercise

Hear the voyce of my humble petitions now I crie to thee, holding vp my hands towards the mercie seate of thy holy Temple.

¶ plucke mee not away, neither destroy mee with the vngodly and wicked doers, which speake friendly to their neighbors, but imagine mischief in their hearts.

Behold (my God) I haere offer my selfe a morning sacrifice to thee: a troubled spirit, a broken & humble heart, ¶ God thou wilt not dispise.

Make mee fit, that I may likewise offer vp my body, a living sacrifice, holy & acceptable vnto thee, which is a reasonable seruice, and greater
full

of a Christian.

full obedience vnto thee.

Compass me about with
the watch of thy Angels, that
they may pitch their tents a-
bout me, and incounter with
Sata to defend me from euill.

Giue thine holy Angels
charge of mee, that they pro-
tect me in all my waies: least
happily I hurt my foote a-
gainst a stone.

Remember (O Lord) thy
tender mercies & louing kind-
nesses, which haue bene euer
of old.

Remember also that I am
but flesh: a wind that passeth
and commeth not agazine.

O Lord, I beseech thee re-
mit mine iniquities: couer
my sinnes, and impute not

The daily Exercile

my faults vnto me.

Purge me, O God, from
my secret offences: and keepe
me from presumptuous sins.

Let mee tast the sweetnesse
of thy benignity: that I may
bee certaine of the remission
of my sins.

Giue mee the knowledge of
saluation, in the remission of
my sins, that I may perceiue
in my mind both comfort,
peace, and gladnesse in the ho-
ly spirit, which may begin in
me a new life.

Quench all the motions
of my mind striving with thy
diuine pleasure: and restore
in mee the Image of thy light
which was lost.

Deliuier mee out of the
hands

of a Christian.

håds of mine enemies, that I
may serue thee in feare, in ho-
lines and righteousness all the
daies of my life.

Keepe mee O Omnipotent
God, from all fantastickall o-
pinions, from seducing spi-
rits, which sow errors and
deadly contentions in thine
holy Church.

Keepe me also (O heavenly
Father) from false teachers,
which priuily bring in perni-
cious sects, and deny euen the
Lord which hath dearelie
bought vs with his precious
bloud.

Cause thy word, O God,
to sound in mine eares pure-
lie and sincerelie, and make
me follow the same with my
whole

The daily Exercise

whole heart earnestly.

We thou my good shepherd,
O eternall GOD: so shall I
want nothing.

Put mee in places of thy
greene pasture: and bring mee
to the waters of comfort.

Lead me in y paths of righ-
teousnes for thy names sake,
that I may haue hope, and not
bee confounded, in the day
when thy Sonne our Sani-
our shall appeare to iudg both
the quicke and the dead.

Graunt me thy grace, that
the fruits of thy most sacred
passion, may worke effectual-
ly & profitable within me.

Let not the labour which
thou hast taken, and the paine
which thou hast suffered for
my

of a Christian.

my redemption, bee vaine
thorough mine vngrateful-
nesse.

Kindle in my brest a liue-
ly faith depending vpon thy
benefits: that being deliue-
red from the feare of Hell, I
may finde righteousness in thee
with eternall life.

Helpe my weake and sicke
faith, which is like the grain
of muward-seede within mee,
that increasing dayly more &
more, it may take deepe roote,
and remaine firme and vn-
moueable.

Extinguish all doubtings
of thy Providence, stick-
ing within my corrupt na-
ture: and let mee not mis-
trust thy promise of eternall
and

The dayly Exercise

and corporall benefits.

Grant mee, I beseech thee,
O Heauenly Father, that my
faith bee not bare, nor vaine,
nor dead, without good
worke and fruits of the spi-
rit.

But let mee worke effectually
by charity, that I may
receiue the end of my faith, e-
uen the saluation of my soule.

Grant, O Lord God, that
I may be poore in spirit, hum-
ble in heart, sorrowfull in
mind for mine offences, and
with all mine heart hunger &
thirst after righteousness.

Make me lowly and cour-
teous, liberall, and pittifull,
pure in hart, and a peace-ma-
ker: likewise, in persecution

pa-

of a Christian.

patient, and that I neither
take noꝝ giue offence to any.

Let mee exercise my faith in
the woꝝks of charity & mercy,
feeding the hungry, giuing
drinke to the thirſty, clothing
the naked, lodging ſtrangers,
comforting the weake, and vi-
ſiting the impꝛiſoned.

Let me be as a Father vnto
the fatherleſſe: and as an huſ-
band vnto their mother.

Graunt that I may neuer
defraud the poore of his lining
noꝝ make the needy eyes to
waite long.

Let mee not trouble the
heart that is grieved: noꝝ de-
ferre the helpe of the needy.

Let me be courteous to the
company of the poore: and
humble

The dayly Exercise

humble my soule vnto the elder, and perfozme all my doings with mekenes.

It is not meete to dispise y^e pooze man y^e hath vneerstanding, neither is it conuenient to magnifie the rich, that is a wicked man.

Thy great man & the Iudge, and the man of authority are Honorable: yet there is none greater then hee that feareth the Lord.

The blessing of the Lord is in the waters of the godly, and he maketh his prosperity sone to flourish.

In my good state I will remember aduersity, and in aduersity I will not forget prosperity.

Prosper

of a Christian.

Prosper me, O God, in all
my workes: for I doe submit
my selfe wholly vnto thee, and
wait vpon thy hand.

O Lord, I beseech thee bee
present with mee: and poure
out thy mercy vpon me.

And (O Lord) I humbly
pray thee of thine abundant
goodnes & mercy, that in thy
last iudgement, I may heare
that ioyfull and most comfort-
able voyce of thy welbeloued
Sonne, saying:

Come ye blessed of my Fa-
ther, inherite ye the Kingdom
prepared for you from the be-
ginning of the world: where
I beseech thee (O Lord) grant
that I may dwell with thee for
euer. Glory bee &c. As it &c.

¶ A

The daily Exercise

¶ A Petition vnto God.

O Lord God, father ever-
lasting, and full of pittie,
I beseech thee most merciful-
ly to turne thy louing coun-
tenance towards mee, and im-
pute not vnto mee my mani-
fold sins and offences. And
seeing of thy great mercy thou
hast patiently heard my pray-
ers, I beseech thee to increase
my faith and knowledge, and
to lighten my heart with thy
holy spirit, that I may liue
in godly conuersation & inte-
grity of life. And (O Lord)
whereas wee cannot of our
selues purchase thy pardon,
yet I humbly beseech thee for
Iesus Christs sake to shew
thy

of a Christian.

thy mercie vpon me, & receiue
me into thy fauor. Grant me
(deare Father) these my re-
quests, & all other things else,
which shall bee most necessarie
for my saluation, according
to thy promise in Iesu Christ
our Lord, Amen.

¶ Grace before dinner.

O Almighty and mercifull
Father, man liueth not
by bread alone, or by his own
wisdom, but by thy decree
we enioy life and all thinges
else. Giue vs wee pray thee,
not only store of all things to
the necessity of our life : but
graunt also to our meate and
drinks, vertue and power to
relieue and strengthen our bo-
dies

The daily Exercise

dies, that we thereby may liue
and glorifie thy name, now
and euer, Amen.

¶ Grace after Dinner.

Albeit (O mercifull Fa-
ther). we haue fedde on
meate & drinke, yet we ascribe
not our life to y^e vertue of the
same, but altogether wee de-
pend vpon thy will & pleasure:
we blesse thee, we prayse thee,
both for this and all other thy
benefits, wholiness and raig-
ness world without end. A-
men. God saue the church, &c.

¶ Euening Prayer for
Thursday.

O Most mighty God, King
of all y^e world, which by
thine

of a Christian.

thine holy Spirit hast commanded, that supplications, Prayers, Intercessions, and thanksgivings bee made vnto thee: I humbly beseech thee, that thou wilt vouchsafe to looke on mee with thy fatherly eies of pittie, & harken to the voyce of my humble desires, & graunt that I may obtaine those things which I shall faithfully aske, pleasing thy goodnesse, to the profit & furtherance of me and my neighbour, & to the honor & glory of thy holy name, who livest now and euer, world without end, Amen. Our Father which art in Heauen, &c.

Sup-

The daily Exercise

Supplications vnto God.

O Lord open thou my lips,
and let my mouth shew
thy praise in the great Con-
gregation: toyneme to that
company which doe worship
thee continually, that I may
be a citizen of thy Kingdome.

O God make speed to saue
mee.

O Lord make hast to
helpe me.

Glorie be to ec. As it ec.

¶ The Psalm.

Deliver mee from mine e-
nemies, **O** God: and de-
fend mee from them that rise
up against me.

O keepe mee from the wic-
ked

of a Christian.

ked doers, and saue mee from
the bloud-thirstie men.

My strength will I ascribe
vnto thee : for thou art the
God of my refuge.

Through thee I shall be a-
ble to doe great acts : for it is
even thou that shalt treade
downe our enemies.

From the ends of the world
will I call vnto thee, O Lord,
whē my heart is in heauines.

My seule continually wai-
teth vpon thee, my God : for
of thee comes my saluation.

To whome then shall I cry,
but vnto thee? O Lord heare
me, and be mercifull vnto my
sin, for it is great.

Hide me from the gathering
together of the froward, and
from

The daily Exercise
from the insurrection of wicked doers.

My misdeedes preuaile against mee: O bee mercifull vnto my sinne.

Blessed is the man whome thou chospest & receiuest vnto thee: for hee shall dwell in thy courts, and bee satisfied with the pleasures of thine house euen of thy holy Temple.

O thou that makest the outgoings of the morning and euening to prayse thee, haue mercy vpon me, and forgine me my great offences.

Let me embrace discipline, and kisse thy Sonne my Saviour, least happily he be angry, and so I perish.

O Eternall God, I beseech thee,

of a Chrillian.

thée, that in euerything, and
in all things I may obey thee
(who art the most mightie
king of the whole world) and
that in true faith and godlie
feare I may ever serue thee.

Aide me with thy comfort.
whereby I may with a pati-
ent minde suffer the troubles
which in this last and doting
age of the world do more and
more increase vpon vs.

Harken vnto the prayers
& sighs of thy seruant, which
crieth vnto thee, and ayd mee
as thou didst the Children of
Israel, whose mercy and bon-
dage thou didst behold, deli-
uering the from the grieuous
seruitude of Egypt.

Keepe mee also from idola-
trous

The daily Exercise

trous and vngodly Magistrates, that I bee not vnder the yoke of Infidels and Ethnickes.

Deliver mee not into their hands : for they haue said in their heart, God hath forgotten, he turneth away his face and will neuer see.

Wherefore (O Lord) arise, lift vp thyne hand, and forget not the poore.

Arise vp (O Lord) in thy wrath, and lift vp thy selfe against al thine enemies.

Arise, why sleepest thou, O Lord? Awake, and bee not farre from me for euer.

Wherefore hideſt thou thy face? wilt thou forget all my miseries and afflictions?

Helpe

of a Christian.

Helpe me, and redée me,
O Lord, for thy names sake:
lest mine enemies say, I haue
preuayled against him.

Deliver me Lord from the
handes of strangers, whose
mouths talke of vanity, and
their right hands are full of
wickednesse.

O God of Sabboth, fight
against all them that fight
against me, lay hand vpon the
shield and buckler, and stand
vp to helpe me.

Bring vp the speare, & en-
counter with thē which perse-
cute mee: that I may know
thy saluation vpon earth.

Break thou the armes of
the vngodly in pieces, weakē
their strength, bring all their
I counsels

The daily Exercise

counsels to nought, for thou
art the Lord.

God, send out thy mer-
cies and truth, and take my
soule from the midst of them
that compasse me about.

Lord God of my salua-
tion, day & night doe I cry vn-
to thee, when mine eyes are
troubled through griefe and
bitterness of my soule.

I poure out my teares be-
fore thee, and in my chamber
I beseech thee humbly, that
thou wilt couer and put a-
way all mine offences.

I beseech thee likewise, that
thou wilt hide all mine iniqui-
ties, and drowne all mine of-
fences in the bottome of the
Sea, that they be never seene
with

of a Christian.

with eyes, noꝝ come foꝛth to
iudgement.

O my God, I blush, and am
ashamed to lift vp mine eyes
vnto thee, because my sins are
moze then the haire of mine
head.

Yet (O I I I I) thou art
righteous, and all thy iudge-
ments are true.

Remember mee, and loke
vpon me, according to the a-
boundance of thy grace, and
thinke not vpon the number
of mine offences.

O blessed Light, without
thee nothing is within mee:
wash me that am filthie: wa-
ter me that am drie: heale me
that am wounded, and giue
mee everlasting comfort, tho-

The daily Exercise

to row Iesus Christ our Lord
and Saviour, Amen.

Gloꝝy be to, &c. As it, &c.

A Song of praise and thank-
giuing to God.

Blesse the Lord (Oh my
soule) & all that is within
me, praise his holy name : for
his mercy is everlasting.

His name onely is excel-
lent, and his praise aboue hea-
uen and earth, and his mercie
endureth for euer.

Blesse the Lord, O my soule:
for it is a good thing to sing
praises vnto the Lord, for his
mercy endureth for euer.

O praise the Lord my soule:
it is an excellent thing to de-
clare

of a Christian.

clare his louing kindnesse in
the morning, and to speake of
his truth in the night season.

¶ my soule, praise the Lord,
I will praise the Lord all my
life time, I will sing vnto the
Lord while I haue breath, for
his mercy endureth for ever.

Blesse h Lord, ¶ my soule,
and praise him all ye nations,
for his mercy is everlasting,
and world without end.

Glozy be, &c. As it, &c.

Lord haue mercy, &c.

Christ haue mercy, &c.

Lord haue mercy, &c.

Our Father which, &c.

I beleene in God the Fa-
ther Almighty, &c.

¶ Lord deale not with vs
after our sinnes.

The daily Exercise

¶ Further reward vs after
our iniquities.

¶ A petition vnto God.

O GOD the holy Ghost,
which proceedest from
the Father and the Son, har-
ken, I beseech thee, vnto these
my supplications and prayers
which I haue made to thee :
and teach mee miserable man
the true vnderstanding of thy
word, whereby I may liue
and feare thee, world with-
out end, Amen.

Grace before supper, as at dinner.
Grace after supper, as at dinner.

¶ Prayers at night before
you go to bed.

of a Christian.

A prayer for the true sense & feeling of Gods fauour and mercy.

Hearken, O Lord, and consider.

Incline thine eares to my prayer.

O Lord God, and deare father, what shall I say, that feele all things to be in a manner with mee as in the wicked? Blind is my mind, crooked is my will, and peruerse concupiscence is in mee as a spring or stincking puddle. Oh how faint is faith in me! How little my loue is to thee or thy people! how great is selfe-loue! how hard is my heart, by reason wherof I am

The daily Exercise

inoued to doubt of thy goodnes toward me, whether thou art my mercifull Father, and whether I be thy childe or no. Indeede worthily might I doubt, if that the hauing of these were the cause, & not the fruit rather of thy Childzen. The cause why thou art my father, is thy mercy, goodnes, and grace and truth in Christ Iesu, the which cannot but remaine for ever. In respect whereof thou hast borne mee this good will, to bring me in, to thy Church by baptisme, & to accept mee into the number of thy childzen, that I might be holy, faithfull, obedient and innocent, & to call me diuerse times by thy Word into thy
King,

of a Christian.

Kingdome: besides thy innumerable benefits alwayes hitherto poured on mee, all which thou hast done of thine own good will & mercy which thou bearest to me in Christ, & for Christ, before the world was made. And as thou requirdest strictly, that I should beleue without doubting: so wouldst thou in all my needs I should come vnto thee as to a father, & make my mone wout mistrust of being heard in thy good time, as most shal make to my comfort. Doe therefore, to thee deare Father I come, through thy Son our Lord, mediator and advocate Jesus Christ, praying thee of thy great goodnesse & mercy in
I 5 Christ,

The dayly exercise

Christ, to be mercifull vnto
me, that I may feele indeede
thy sweet mercy as thy child.
The time, O deare Father, I
appoint not, but I pray thee
that I may with sure hope
still expect thy help, whereof I
haue great need, by reason of
my great misery. Thou art
went for a litle season, in thy
anger to hide thy face from
them whō thou louest: but O
Redēmer, in eternal mercies
thou wilt shew thy compassi-
ons. For whē thou leauest vs
(O Lord) thou dost not leaue
vs very long: neyther to our
own losse, but to our lucre and
aduantage: enen that thy ho-
lie spirit with bigger portion
of thy power may lighten and
cheare

of a Christian.

cheare vs, that the waſt of fee-
ling to our ſorrow may be re-
compenced plentifully, with
the lively ſenſe of hauing thee
to our eternall ioy: and ther-
foze thou ſwareſt, that in thy
enerlaſting mercy y^e wouldſt
haue compaſſion on vs. Of
which thing, to the end wee
might be moſt aſſured, thine
oath is to be marked: ſoꝛ thou
ſayeſt, as I haue ſwozne that
I will neuer bzing any moze
the waters to drowne the
world, ſo haue I ſwozne that
I will neuer moze be angrie
with thee. The mountaines
ſhall remoue, and the hills
ſhall fall downe, but my lo-
uing kindnes ſhall not moue,
neither ſhall the conenant of
my

The daily Exercise

my peace fall away: thus hast thou said, O mercifull Redēmer. Therefore (deare father) I pray thee remember, euen for thy truth and mercy sake, this promise and everlasting covenant, which in thy good time I pray thee write in my heart, that I may know thee to be the onely true God, and Iesus Christ whom thou hast sent: that I may loue thee wth all mine heart for euer, that I may loue thy people for thy sake, that my workes may be euer found holy in thy sight, that I may alwayes not onlie strīue against sinne, but also ouercome the same daily more and more, as thy childzen do, aboue all things desiring the
sanctifi

of a Christian.

sanctification of thy name, the
coming of thy Kingdome, the
doing of thy will here on earth
as it is in heauen, and that
only through our Lord & only
Saviour Iesu Christ, Amen.

¶ A thankesgiuing vn-
to God.

I Doe thanke thee, O King
of heauen and earth, for pro-
tecting mee this day by thy
strong hand, and stretched out
arme, from all perills & dan-
gers. The right hand of God
bringeth mighty things to
passe: it hath kept me from all
euill; yea the Lord hath saued
my soule: therefore will I be
mindfull of thee (O Lord) vp-
on my bed, and waking wil I
meditate

The daily Exercise

meditate vpon thy goodnesse,
because thou hast bene my
helper. Vnto thee, O Lord, do
I lift vp my hands, & beseech
thee with all humblenesse of
mind to pardon all my sinnes,
which this day I haue com-
mitted, either against thee, or
my neighbour. Lighten and
illustrate euery darke corner
of mine habitation, that my
candle goe not out by night:
when I sit in darknes, bring
mee into the light, saue mee
from vtter darkenesse, where
is weeping and gnashing of
teeth: thou art the God which
giuest light to my candle:
lighten therefore (O God) my
darkenesse, that I sleepe not in
death, and protect mee by the
shadow

of a Christian.

Shadow of thine hand, that no
entill happen to me this night.
Let thy truth compasse me a-
bout like a shield , y I be not
afraid for any terror by day,
nor yet for the pestilence that
walkes in the darknes, or for
the sicknes that destroyeth at
noone day. O Lord, be thou
my keeper. O God, be thou
my defender : O Christ, be y
on my right hand , that the
Sunne parch me not by day,
neither the Moone by night
Unto thy protection, & vnder
the shadow of thy wings , O
Lord, I betake me this night,
for thou hast preserved me all
this day, yea, from my birth
vnto this houre , thou hast sa-
ued & defended mee from infi-
nite

The dayly Exercise

nite perils and dangers. Now
bless the Lord, my soule, and
bless him all ye his seruants,
which stand in the house of
the Lord, in the Courts of the
house of our God: in the night
lift up your hands to his san-
ctuary, & bless the Lord, who
liueth world without end.

The Conclusion.

TH E Lord that made the
heauens, the seas, and all
that is in the earth, bless me
from aboue now & euer, Amē.

¶ For Friday, morning
prayer.

O Mercifull Lord God, &
heauenly father, I ren-
der

of a Christian.

der most high laud, praise and
thankes vnto thee, that thou
hast preserved mee this night,
and all the time and dayes of
my life hitherto vnder thy
protection, and hast suffred me
to liue to this present houre:
& now I beseech thee heartily,
that thou wilt vouchsafe to
receiue mee this day, and the
residue of my whole life from
hencefoorth into thy tuition,
ruling & governing mee with
thy holy spirit, that all maner
of darknesse, mis-beliefe, infi-
delity, carnall lusts, and affe-
ctions, may be utterly chased
and driuen out of my heart,
and that I may be iustified &
saued both in body and soule,
through a right and a perfect
faith,

The daily Exercise

faith, and so walke in the light
of thy most godly truth, to
thy glory & prayse, and to the
profit and furtherance of my
Neighbour, through Christ
our Lord, Amen. Our father
which art in heauen, &c.

Supplications vnto God.

O Lord open thou my lips,
that my mouth may be
shewing forth thy praise from
one Generation to another
without ceasing, and that my
prayers may be acceptable in
thy sight.

God make speede to saue
me.

Lord make haste to help
me.

Glorie

of a Christian.

Gloꝛy be to the Father, &c.
As it was in the, &c.

¶ The Psalme.

Saueme, O God, for thy
Names sake, and auenge
me in thy strength.

Hearce my prayers, O
God, and hide not thy selfe
from my petitions.

An offering of a free heart
will I giue thee, and praise
thy name, O Lord, because it
is so comfortable.

In the morning & euening
and at noone day will I pray
vnto thee, and that instantly:
O Lord heare my voyce.

In Gods word will I re-
ioyce, in the Lords word will
I comfort me.

¶ Bea,

The daily Exercise

Yea in God will I put my trust, and will not be afraide what man can doe vnto me.

I will call vpon the most high God: euen the G O D that shall perfozme the cause which I haue in hand.

O God, thou art my God, earely do I seeke thee: I haue looked for thee in holines, that I might behold thy power, thy strength, and thy great glorie.

For thy louing kindnesse is better then life it selfe: my lips shall euermore be shewing thy praise.

Hear me, O God, in the multitude of thy mercies: euen in the truth of thy saluation.

Take

of a Christian.

Take mee out of the mire,
that I sinke not : O let me be
deliuerd from them that hate
me , and out of the deepe wa-
ters p̄serue me.

Let not the water-floudes
drowne me, neyther the deepe
swallow me.

Draw nigh vnto my soule,
and saue it : O deliuer me be-
cause of mine enemies.

Deliuer me (O my God)
out of the hand of the vngod-
ly : out of the hand of the vn-
righteous and cruell man.

Haue mercy on thy seruant
(O Lord) whom thou hast re-
deemed with thy most p̄ci-
ous blood.

Protect and strengthen mee
that am weake and feeble, a-
gainst

The daily Exercise

gainst the temptation of Satan my sworne enemy.

O Son of God instruct mee how, & what I ought to pray for, according to thy wil, that I may be heard, & make thou intercession for mee while I cry vnto thee with sighes that cannot be expessed.

Lighten mine heart with the fire of chaste and burning loue towards thee, and comfort mee with thy wholesome heate, that I may neuer depart from thee.

Fil me with all ioy & peace in believing that I may abound in hope through the power of the holy Ghost.

Assist mee, O Almighty God, that in all the waues of
temp.

of a Christian.

temptations and troubles of this world, I may patiently depend upon thee, looking for deliuerance according to thy will.

Grant that I may follow thy fote-steps, humbling my selfe from the heart without dissimulation.

Giue vnto mee lowlinesse, modesty, and patience, that being clothed with these vertues, I may endeavour to fashion my selfe after thee.

Let neither pride nor vainglozy haue dominion either in my sense or speech: but grant that by humblenesse of minde, submitting my selfe vnto all men, I may thinke every one better then my selfe.

Con

The daily Exercise

Considering what my condition is : so2 man taken from the earth must returne againe to the same , and be meate so2 wo2mes and serpents.

Keepe the proud diuell , O God, that he prouoke me not to sinne, neyther make mee to swell through a baine perswasion of fleshly righteousness.

Preserue mee from wicked company , & filthy fellowship, from riotousnesse, from drunkennesse, from wandring concupiscence, and from idlenesse.

Giue vnto me, O Lord, I beseech thee, a good wit to conceiue, capacity to vnderstand, and memorie to beare away good lessons, which may instruct me to saluation by faith.

Grant

of a Christian.

Graunt that to mine end I
may exercise my selfe in thy
commandements: for the race
of my whole life dependeth
vpon the same.

Gouerne mee by thy holie
Spirit, that I neuer forsake
the faith which thou hast gi-
uen mee: but perseuering in
the race begunne, may attaine
by thy grace to the saluation
of my soule.

Continue in me that which
thy grace hath wrought in
me: that sinne do not raigne
within my mortall body.

Assist mee with thy grace
and aide, that being deliuered
from sin, I may be the seruant
of righteousness.

Graunt that I may abhorre
that

The daily Exercise

that which is euill, and loue
that which is good.

Giue me grace to be patient
and bountifull, not enuious,
not boasting, not puffed vp,
not proud, not easie to be mo-
ued to anger, not thinking e-
uill, not reioycing in wicked-
nes, but reioycing in y^e trnth;
that I may suffer all things,
belæue all things, and so loue
my neighbo2, not in word no2
tongue, but in deed and truth.

Inflame my bzeast, that af-
ter thine example, I may vn-
fainedly loue my very ene-
mies, & blesse them that curse
me, and doe good to them that
hate and hurt mee, leauing re-
uengement alwayes vnto thee.
O thou Lambe of God which
takest

of a Christian.

takest away the sinnes of the world, take from me all bitterness of heart, all anger, wrath, crying and euill speaking, with all maliciousnesse.

Let not the Sun go downe vpon my wrath, giuing place to the deuil: but let me be quiet, putting on tender mercy, kindnes, humblenes of mind, meekenesse and charity.

Bring mee vnto thy truth, O most mercifull God, and giue mee grace vnfainedly to repent, and escape the snares of sinne.

Take from me Stubbornnes, hardnes of mind, and all damnable security, that malice do not blind me.

Bestow on me a new heart,

The daily Exercise

and put a new spirit within me, and take from me my stony heart.

Giue me a fleshy hart, & put thy spirit within my breast.

Guideme with thy Spirit, O God, that bewayling my sins, from the bottome of my heart, I may asie to thine vn-speakable mercy for grace.

And laying away the old man which is corrupt, I may put on the new man, which after God, is created in righteousness and true holinesse.

Assist me, O God, that putting away lying, I may speak to euery one the truth from my heart.

This is a true saying, and of euery man to be receyued, that

of a Christian.

that Iesus Chzist came into
the world to saue sinners, and
such as belæue in him.

Giue me therefore, O most
gentle God, a penitent heart
and thzough thine assistance
to begin a new life, to the glo-
ry & praise of thy holy Name,
Amen.

Glozy be to, &c. As it, &c.

A petition vnto God.

O Chzist which art the
strength of the weake,
the saluation of all belæuers,
and aider of the oppressed, yea
our life & safegard in the perill
of death: I beseech thee that
pittying my afflictions, thou
wilt vouchsafe to graunt me
my Petitions which at this
time

The daily Exercise

time I haue asked at thy hand: so shal I serue thee here in the kingdome of grace, and hereafter in the kingdome of glory, where I beseech thee, (O Lord) graunt that I may haue a place to dwell with thee eternally, which liuest with God the father and holy Ghost euertlasting, Amen.

¶ Grace before dinner.

O King of glory, & Lord of heauen & earth, thou that giuest meate, drinke, and cloathing, with all other sustenance belonging vnto life, we beseech thee of thy goodnesse that thou wilt continually feede vs with these thy blessings, and daily relieue vs
through

of a Christian.

through thy holy Spirit, that
we may be heires of thy euer-
lasting kingdome, Amen.

¶ Grace after dinner.

Blessed art thou, O God,
for euermore, which hast
nourished our bodie, not one-
ly at this time, but from our
mothers womb. Give vs like-
wise the nourishment of the
soule, with quietnes of mind,
and giuing thanks, that thy
grace may abound in vs: con-
tinue and defend vs against
all perils to come, Amen.

God saue the Church, &c.

¶ Euening prayer for
Friday.

O Lord God, which art full
of compassion and mer-

The daily Exercise

cie, long suffering, & of great goodnesse, and continuell thy goodnes for thousands, taking away iniquities, sinnes, and offences: thou callest vs after thy wanted mercie, by thy word, to repentance and hartly conuersion. Therfore I come to thee prostrate in heart, before y^e throne of thy mercy, to aske pardon & forgiuenesse for al mine offences, and likewise I humbly beseech thee y^e thou wilt vouchsafe to giue eare to my prayers and petitions which at this time I shall make vnto thee. Heale me for thy mercies sake, O Lord, & I shall be healed. Saue mee, and I shall be saued, for thou art the God of my life, to thee
be

of a Christian.

be praise world without end.
Our Father which, &c.

Supplications vnto God.

O Lord open thou my lips,
and let my mouth shew
forth thy praise, and speake of
thy unspeakeable goodnesse,
that I therby may walk wor-
thy of my calling, pleasing
thee in all things : and, being
fruitfull in all good workes,
may increase in thy know-
ledge with all diligence.

O G O D make speed to
saue me.

O L O R D make haste
to help me.

Glozy be to, &c. As it, &c.

K 5 The

The daily Exercise

The Psalm.

O Lord God of truth, heare
my prayer : **O** my prote-
ctor, behold and loke vpon the
face of thy seruant, and haue
mercy vpon me.

Create in me a cleane heart,
and renue a right spirit with-
in me.

Behold, I repent me of my
faults, and my eies are trou-
bled through the griefe of my
wickednesse.

Restore to me the ioy of thy
saluation : and stablish mee
with thy free spirit.

Giue mee grace to doe all
things according to thy will :
that I may alwaies serue thee
with a willing mind.

O

of a Christian.

Giue mee the heauenly comfort of thy word, as a testimony or token of thy goodnesse towards me.

Giue vnto mee the reward of well-doing, the entrance into happynesse & everlasting comfort.

Cast me not off in the time of old age, & when my strength faileth, forsake me not.

Confirme my faith, that I distrust not thy promises: neither be driven from thee by any meanes.

Keep me in the true vnderstanding & right knowledge of thy sacred Scriptures, that I go not astray from thy blessed commandements.

Thou ledest straight in
thy

The dayly Exercise

thy iudgements them that be
milde and tractable , and tea-
chest them that be mæke, thy
words and testimonies.

O mercifull God, grant me
to couet with an earnest mind
the things that best please
thæ, to reade the Scriptures
diligently , to search them
wisely, to know them truely,
and to fulfill them perfectly, to
the laud & glory of thy name.

Thou healest all them that
be contrite in heart, & asswa-
gest their paines and griefes.

O order my liuing so, that
I may be contrite for mine
offences , and doe that which
thou requirest of me.

Giue me grace that I may
know thy will, and giue mee
will

of a Christian.

will and power to doe it, that
I may obtayne those things
which be most conuenient for
the saluation of my soule.

Thou holdest vp all them
which else should fall : and all
that are fallen, thou liftest vp
again.

O good Lord, make my way
sure & straight to thee, so that
I fall not between prosperitie
and aduersity, but that in pro-
sperous things I may giue
thee thanks, and in aduersitie
be patient, so that I be not
lifted vp with the one, nor op-
pressed with the other.

Grant that I may reioice in
nothing but y^e which moueth
me to thee, nor to be sorry for
any thing, but y^e which draw-
eth

The dayly exercise

eth me from thee, desiring to please no body, or fearing to displease any besides thee.

Thou giuest sight to y blind, & lovest them that are bound.

O Lord, let all worldly things be vile in my sight, in respect of thee: and let me not be merry with the ioy that is without thee.

Let mee desire nothing besides thee, let that labour delight me, which is for thee: and let all the rest weary me which is not in thee.

Thou art nigh to all them that call vpon thee, so that they call vpon thee faithfully and heartily.

Wake me, I beseech thee, to list my heart often vnto thee:
and

of a Christian,

and when I fall, make mee to thinke on thee, and be sorry with a stedfast purpose of amendment, and gine me grace to perfozme the same.

Thou fulfillest the desires of them that feare thee, thou hear'st their pzaier, and sauest them.

O my God, make me humble without feyning, merrie, without lightnesse, sad without mistrust, sober without dulnesse, true without doublenesse, fearing thee without desperation, trusting in thee without presumption.

Telling my neighbors their faults without dissimulation, teaching them with words & examples without mocking.

Let

The daily Exercise

Let me be obedient without
arguing, patient without
grudging, and pure without
corruption.

O my most louing Lord
and God, giue me a waking
heart, that no curious thought
withdrow me from thee. |

Let it be so strong that no
vnworthy affection draw mee
from thee, so stable that no
tribulation breake it.

O my louing Maker and
Redeemer, I most humbly
beseech thee, that thou wilt
graunt me wit to know thee,
diligence to seeke thee, conuer-
sation to please thee, & finally
hope to embrace thee, Amen.

Glozy be to, &c. As it, &c.

of a Christian.

A Song of praise and thank-
giuing vnto God.

Praise the Lord, O my
soule, and forget not all
his benefites, for his mercie
endureth for ever.

Praise the Lord, O my soul,
which forgiveth all thy sins,
& healeth all thy infirmities,
for his mercy is everlasting.

Praise the Lord, O my soule,
which saveth thy life from de-
struction & crownes thee with
mercy & louing kindnesse, for
his mercy endureth for ever.

O my soule, praise the Lord,
which satisfieth thy mouth
with good things, making thee
yong & lusty as an Eagle, for
his mercy endureth for ever.

D

The daily Exercise

O blessed King of heauen,
who can giue thee worthe
praises: Yet, **O** Lord, will I
sing of thy praises all my life
long: for thou art full of com-
passion and mercie, long-
suffering, and of great good-
nesse, and thy name endureth
for euer, and world without
end.

Glorie be to, &c. As it was, &c.

Lord haue mercy, &c.

Christ haue mercy, &c.

Lord haue mercy, &c.

Our father which, &c.

I beleue in God the Fa-
ther Almighty, &c.

O Lord deale not with vs
after our sinnes.

Neither reward vs after
our iniquities.

A

of a Christian.

A Petition vnto God.

O Most gracious **GOD**,
which of thy mercie and
pitty hast (without my deser-
uing) heard my prayers and
petitions at this present, I
beseech thee open mine heart,
and vnlocke the eares of mine
vnderstanding, that hearing
thy word profitably, I may
observe, learne, and embrace
such things as are necessarie
to the confirming of my faith
in Iesus Christ, who liueth
and raigneth with **GOD** the
Father and the holy Spirit
to whom be praise now and
euer, Amen.

Grace before supper, as at dinner.

Grace after supper, as at dinner.

Prayer 6

The daily Exercise

Praiers at night before you
go to bed.

The confession of a sinner.

Hear me most mercifull
Father.

And forgive me most wret-
ched sinner.

O Lord Almighty, God of
our Fathers, Abraham,
Isaack, and Jacob, and of the
iust seede of them, which hast
made heauen and earth, with
all the Ornamentals thereof,
which hast ordayned the Sea
by the word of thy comman-
dement, which hast shut vp
the déep, and hast sealed it, for
thy fearfull & laudable name :
Dread of all men, and honour-
rable

of a Christian.

rable before the face of thy
power : Thy fierce anger of
threatning is above measure
heavy to sinners , but the
mercy of thy promise is great
and unsearchable : for thou art
O Lord God most high above
all the earth, long-suffering, &
exceeding mercifull, and sorry
for the malice of men. I haue
prouoked thine anger, O Lord,
& haue done euill before thee,
in committing abominations,
and multiplying of offences,
and now I bow the knees of
my heart, requiring goodnesse
of thee , O Lord : I haue sin-
ned, Lord, I haue sinned, and
know my wickednesse, I de-
sire thee by prayer, O Lord, to
forgiue mee. O Lord forgiue
me,

The daily Exercise

me, and destroy me not with mine iniquities, neyther doe thou alwayes remember my euils to punish them, but saue me (which am vnworthy) after thy great mercy. O most louing Father, I know that by my sins I am not worthy of thy blessed comfort: but Lord thou hast sayd, that in what houre soeuer a sinner doth repent him of his sinne, thou wouldest no more remēber them, & eke thou wouldest not despise an humble and cōtrite heart. Which makes me bold to trust in thy mercy, and meekely call to thee for grace and helpe in this troublous time of temptation & trying of our faith. I am as one lodē
with

of a Christian.

with ignorance, not knowing the depth of thy high mysteries, nor the deceitfull deepnesse of the craftie perswasions of my ghostly enemies, which daily doe assault my simple soule, & so burden the same that it can take no hold, nor find any rest. Therfore, O Lord, like as thou knowest my will and hearty desire is to serue thee, and to liue and die in thy perfect faith: so Lord I beseech thee, neuer suffer the subtile perswasions contrary to thy truth, to take place or roote in mine heart. But Lord, like as thou hast created mine heart, and giuen me a will to order the same: so Lord, I most meekly yeld the same

The daily Exercise

come againe into thine hand,
desiring thee by thy holy Spi-
rit so to direct all my wayes,
wordes, and workes, that they
may be acceptable in thy
sight. And O Lord, I hum-
bly beseech thee, suffer not my
soule to perish, which thou
hast bought so dearely with
thy precious blood. For the
which great mercies sake,
haue mercy vpon me, & make
me poore in spirit, and lowe
of heart, and content with my
vocation, submitting me who-
ly into thine hands, so that
my desire and delight may be
to doe thy will and pleasure,
which is alwaies good & god-
ly, so as I may haue no other
trust but onely in thee, for
there

of a Christian.

there is no trust besides thee.
And grant my poore soule rest
in thee, for thou hast said, they
shal neuer be confounded that
put their trust in thee : which
trust Lord grant mee neuer to
forsake for any vaine trust, or
temptatiō, or tribulation that
may happen to bere my poore
silly soule : but grant mee thy
holy Spirit, to comfort and
defend me from al things that
should procure thy displea-
sure. Thou that art in Trini-
tie of God, and Lord ouer all,
take care vnto my prayer, and
pardon all my sinnes. To
thee therefore be all honour,
glory and praise, now and e-
uer, Amen.

L

A

The daily Exercise
¶ A thanksgiuing vnto
God

O Eternall God, Father of
our Lord Iesus Christ: I
will praise thee: for maruel-
lous things hast thou done
towards me. Thou hast deli-
uered my soule from death,
and my feete from falling,
wherefore I will extoll thee, &
celebrate thy name every day,
and at night will I talk of thy
righteousnes. I will magni-
fie the Lord my God, & bow
my selfe lowe at his footstole,
for he is holy. Ile praise thee
O Lord, because thou hast set
me vp, and not made my foes
to triumph ouer mee. Thou
hast brought my soule from
Hell, and saued my life from
them

of a Christian.

them that go downe into y^e pit.
Wherefore I will sing praises
to thee, and yield thee thanks
for a remembrance of thy ho-
linesse. And now, O most lo-
ving Father, wholly prostra-
ting my selfe before thy feete,
I beseech thee in the name of
thy Son, blot out al my trans-
gressions, whereby I haue of-
fended thy Diuine Maiestie,
which this day & all my time
I haue committed. Forgiue,
Lord, all the sins which from
my youth I haue done, and
be mercifull vnto me, O Lord,
for thy Names sake. Guide
me with thy wisdom, that
when I walk, it may go with
me, when I sleepe it may keep
me, & when I awake, I may

The daily Exercise

talke thereof. O Lord be thou
my watchman and Protector
this night, that troubles and
vaine cogitations doe not in-
uade me, neyther the feare of
death ouerwhelme me, nor the
slæpe of the night alter my
thoughts and vnderstanding
when I should take rest: but
graunt mee a good and quiet
slæp going into my bed which
representeth my graue: that
rising in the morning to ren-
der due praise and thanks vn-
to thee my Protector, I may
also at the day of Iudgement
rise as one of thy chosen Chil-
dren vpon thy right hand into
heauē, where I may sing prai-
ses to thy holy & blessed name
world without end, Amen.

of a Christian.

O Lord God, from whom
all my help cometh, guide
my going out & my coming
in, keep me this night and all
my life, from this time forth
and for evermore, Amen.

¶ For Saturday, Morning
prayer.

O Heauenly father, which
like a diligent watch-
man attendest alwayes vpon
thy faithfull people, whether
they wake or sleep, and migh-
tily defendest them, not onely
from Sathan that old enemy
of mankind, but also from all
other their aduersaries: so y
thorow thy godly power they
be harmlesse preserved: I most
heartily thank thee, that it hath
pleased

The daily Exercise

pleased thy goodnes, so to take care of mee thy vnprofitable seruant this night past, that thou hast both safely kept mee from all mine enemies, and hast giuen me sweet sleep vnto the great comfort of my bodie. I most entirely beseech thee mercifull and sweet Father to shew the like kindnes towards me this day, in preserving my body & soule, that as my enemies may haue no power ouer me: so I also may neither breathe, speak, or do, any thing that may be displeasing to thy fatherly goodnesse, dangerous to my soule, or hurtfull vnto my neighbour: but that all my enterprises may be agreeable to thy most blessed

of a Christian.

blessed will, which is alway
good and godly : doing that
that may aduance thy glozie,
and answer to my vocation,
and profit of my Neighbour,
whom I ought to loue as my
selfe : that whensoever thou
callest mee from this vale of
misery, I may be found the
childe, not of darkenesse, but
of light, and so for ever reigne
with thee in glory, which art
the true & everlasting light, to
whom with thy dearely belo-
ued Sonne Iesus Christ, our
alone Saviour, and the holie
Ghost, that most sweet Com-
forter, be all honour and glo-
ry, now and for ever, Amen.

Our father which, &c.

The daily Exercise

Supplications vnto God.

O Lord open thou my lips,
that my mouth may bee
shewing forth thy praise, I
will make my boast of thee all
the day long, and I will con-
fesse thy name for euermore.

G O D make speed to
saue me.

G O D make haste
to helpe me.

Glozy be to, &c. As it, &c.

The Psalme.

O God, my heart is ready,
my heart is ready, I will
extoll thy goodnes, I will sing
& giue praise vnto thee with
the best member that I haue.

Awake thou Lute & Harpe:

of a Christian.

I my selfe will awake right
earely.

I will giue thanks vnto
thee, O Lord, among the peo-
ple, I will sing praises vnto
thee among the nations.

For thy mercie is greater
then the heavens: and thy
truth most mighty God rea-
cheth vnto the clouds.

O let mee haue thine vnder-
standing in the way of godli-
nesse: I will take no wicked
thing in hand, I hate the sins
of vnfaithfulnesse, there shall
no such thing cleaue vnto mee.

O mercifull God, let my
froward heart depart from
mee, and let me not know a
wicked person.

Who so leadeth a godlie
life:

The daily Exercise
life : let him be thy seruant.

The Heathen do feare thy
name, O Lord: & all the kings
of the earth thy Maiestie.

Remēber me, O Lord, that
am but a worme and no man,
yea a very scozne of men, the
weakest of all other to stand
in thy sight redy to fall, except
thou of thy goodnes vphold me.

Thinke on mee therefore,
according to the fauour that
thou bearest vnto thy people,
visite mee with thy saluation
from day to day.

That I may see the felicitie
of thy chosen, and reioyce in
the gladnesse of thy people,
and giue thanks with thine
inheritance, and sing prayles
with thy Saints.

Set

of a Christian.

Set vp thy selfe, O God,
aboue the heauens : and thy
glozy aboue all the earth.

O deliuer mee from all my
sinnes, let thy right hand saue
me, and heare thou me.

Unto thee doe I cry from
the bottome of mine heart, de-
siring thee, O Lord, to sepa-
rate me from the darkenesse,
deceit, and filthinesse of this
fleshy world.

O let me seek after heauen-
ly things, and forsake earthly
things, which are but fraile
and transitory.

Giue me thy holy Spirit,
that I may know what ri-
ches I haue receiued by Christ
my only Saviour.

Keepe mee in the confession
of

The daily Exercise

of thy name: that thou in mee
mayest be glorified, both heere
and in the world to come.

Rule thou my heart, that I
give not my selfe to the plea-
sures of this world, and so en-
ter into the broad way, and
wide gate, which bringeth to
eternall destruction, but shun-
ning all the enticements of
the world, I may go in at the
narrow gate, which leadeth
to the kingdome of heaven.

Comfort my mind, that my
heart be not troubled, when
the world doth persecute me.

Make me patiently to beare
not onely every misery inci-
dent to all men, but also the
peruerse and sinister iudge-
ment of the world.

of a Christian.

O Lord my God, giue vn-
to my heart, an earnest desire
of thee: in desiring thee, to seek
thee: in seeking thee, to finde
thee: in finding thee, to loue
thee: and in louing thee, to
dwell with thee.

Make mee free from my of-
fences: and when I am freed
from them, let me neuer com-
mit them againe.

Giue Lord, to mine heart,
repentance, to my spirit, con-
trition, to my eyes, the foun-
taine of teares, and to mine
hands abundance of giuing
almes to them that haue need.

Put out in me (**O** God my
King) the desire of the flesh:
and kindle in mee the fire of
thy sweet loue.

O

The daily Exercise

O thou my Redeemer,
thrust out of mee the spirit of
pride: and grant me merciful-
ly the spirit of humility.

O God my Saviour, take
away from me the furie of an-
ger, and giue mee the gentle
buckler of patience.

O God my Creator, pluck
away from me the rancor, and
displeasure of the mind: and
giue vnto me the sweetnesse of
the soule.

Giue me most gentle father
stedfast faith, sure hope, and
continual charity.

O God my Ruler, turne
away from mee vanitie, vn-
constantnesse of minde, wan-
tonnesse of the body, lewd-
nesse of talke, high looking and
excesse

of a Christian.

ercesse in filling the belly.

Turne from mee likewise euill speaking of my Neigh- bours, the grieuous sinne of backbiting, the itching of cu- riositie, the couetousnes of ri- ches, and greedines to rule.

Put out of me vain-glozy, and the euill of hypocrisie, the vice of flattering, despising of the poore, oppressing the weak, vn-satiabie auarice, rustie en- uie, and deadly blasphemie.

O God my Maker cut away in me vndecent rashnes, stub- bornnes, vnquietnes, idlenes, sluggishnes, slouth of minde, dullnesse, blindnesse of heart, obstinacie of vnderstanding, and cruellnesse of condition.

O my God, mercy, I desire
of

The dayly Exercise

of thee for thy well beloued
Sons sake, giue me y^e woꝝkes
of mercy, and affections of pitie,
y^e I may suffer with them
that be afflicted, giue counsell
to them that erre, helpe the
miserable, succour the needy,
comfort the sad, raise vp them
that be oppꝛessed, and refresh
the poore: Grant me to mone
them that weep, to forgive my
debtors, to spare them which
offend against mee, to loue
them that hate me, and to
render good for euill.

Giue me this grace O Lord
to despise no man, but to ho-
nour all men, to imitate good
men, and to beware of euill
men, to embrace vertues, and
to reiect vice.

Grant

of a Christian.

Grant vnto me in aduersity
patience, in prosperitie conti-
nency, and in all attempts the
keeping of my mouth, setting
as it were an hatch befoze the
dore of my lippes, that I may
treade vnder foote all earthly
things, & thirst after heavenly.

Raise vp in me, O Lord, the
seed of godlines: and nourish
the loue of vertue within me.
Breathe vpon me thy heauen-
ly knowledge, till I may be-
hold thee the onely true God
face to face, which livest and
reignest in perpetuall glory.

Glory be to, &c. As it, &c.

A Petition vnto God.

O Omnipotent and eternall
Father, I haue asked
heere

The daily Exercise

heere at this time, manie things of thee, and yet haue not deserued any : I confesse, alas, that not onely those gifts, which I require, be not due vnto mee, but in stead of them, most grieuous punishments: yet O Lord God, lay not my sins to my charge: for if thou shouldest, I were not able to abide or stand in thy sight. But, O Lord, I most humbly beseech thee, that thou wilt forgive me all that is past, and grant that I may neuer hereafter offend in the same, for Iesus Christs sake, who liueth and reigneth with thee & the holy Ghost, world without end, Amen.

Grace

of a Christian.

¶ Grace before dinner.

O Celestiall God, and Father of infinit mercy, we acknowledge, that whatsoever wee haue, or possesse, it is thy gift. Thou giuest, and we gather, so that all liuing creatures are filled with thy blessing. Giue vs grace wee beseech thee, to vse these thy gifts moderately without excesse, to the comfort of our bodies, and to the glozy of thy Name: to whom be prayse for euer, Amen.

¶ Grace after dinner.

Blessed be the Lord God of Israell, for that of his infinite mercy and goodnesse hee
hath

The daily Exercise

hath refreshed our hungry bodies with corporall food: let vs now pray vnto him that he will likewise feed vs with his spiritual and heauenly food, to the nourishment of our soules through Iesus Christ our Lord and Saviour, Amen.

Euening prayer for Saturday.

O Almighty and mercifull God, thy Son our Lord and saviour Iesus Christ hath commanded me to pray: I beseech thee by the same thy Son, that thou wilt at this time hearken vnto my prayers, and of thy goodnesse I humbly desire thee that thou wilt vouchsafe to direct, sanctifie and keep
my

of a Christian.

my heart and body, my senses,
my doings, my talke and com-
munication, in thy most holie
lawes, & in the workes of thy
commandemēts, and that thy
holy Angell may be with mee,
to direct my fēte into the way
of peace, truth, & health, that
I may be whole, safe and free
in thee, and by thee, both heere
and in the world to come. O
Heare me and saue me, which
linest & raigest with the Fa-
ther and the holy spirit, God
in perfect vnity, world with-
out end, Amen.

Our Father which, &c.

Supplications vnto God.

O Lord open thou my lips,
that my mouth may speak
and

The dayly exercise

and tell of all thy wondrous
workes, which according to
thy abundant goodnesse thou
hast bestowed vpon al thy cre-
atures, through the euerlast-
ing comfort of thy Word.

O God make speed to saue
me.

O Lord make haste to help
me.

Glorie be to, &c. As it was, &c.

The Psalmc.

My Song shall be alway
of thy louing kindnesse
of the Lord: with my mouth
will I be telling of thy truth
from one generation to ano-
ther.

O Lord, the very heauens
shall prayse thy wondrous
workes:

of a Christian.

workes : and thy truth shall
shew it selfe in the congrega-
tion of thy Saints.

For who is he among the
clouds, that shall be like vnto
the Lord?

And what is hee among the
gods, that shall be like the
highest.

God is very greatly to be
feared in the counsell of his
Saints, and to be had in reue-
rence of all that are about him.

O Lord God of Hostes,
who is like vnto thee? thy
truth, most mightie God, is on
euery side.

The heauens are thine, the
earth is also thine : thou hast
layd the foundations of the
round world, and all that
therein

The dayly exercise
therein is.

Thou rulest the raging of
the sea, thou makest calme the
boysterous waues thereof
when they arise : thou hast
made the North & the South,
Tabor and Hermon shall re-
ioyce in thy Name.

Righteousnesse and equitie
is the habitation of thy seate:
mercy and truth shall goe be-
foze thy face.

Blessed are the people, O
Lord, that can reioyce in thee:
for they shall walk in the light
of thy countenance.

Their delight shall be alway
of thy name : and in thy righ-
teousnesse shall they make
their boast.

O Lord, thou hast been our
refuge:

of a Christian.

refuge : from one generation
to another.

Before the mountains were
brought forth, or euer y^e earth
and world were made, thou
wert, and art, God from euer-
lasting, & world without end.

Thou turnest man to destru-
ction : & yet thou saiest, Come
againne ye childzen of men.

O mercifull God, a thou-
sand yeares, in thy sight, are
but as yester day : when thou
art angry, all our dayes are
gone : we bring our yeares to
an end, euen as it were a tale
that is told.

The dayes of our age are
thre score yeares and ten : and
though men be so strong that
they come to foure score : yet

is

is

The daily Exercise
is their strength then but labour and sorrow, so soone passeth it away, and wee are gone.

What man is he that liueth, and shall not see death : And can hee deliuer his owne soule from the hand of hell :

O teach vs to number our daies, that we may apply our hearts vnto wisdom.

I will say vnto thee, O Lord, thou art my hope, and my strong hold, my God, in whom I will trust.

O Lord, how manifold are thy workes : In wisdom hast thou made them all, the earth is full of thy riches.

So is the great and wide Sea also, wherein are things
crea

of a Christian.

creeping innumerable : yea,
both small and great beasts.

I will sing vnto the Lord
as long as I liue: I wil praise
my God while I haue any be-
ing.

And so shall my wordes
please him : and my ioy shall
be in the Lord.

I will sing a new song vnto
thee (O Lord) and praise thy
name: I will be telling of thy
saluation from day to day.

For the Lord is great, and
cannot worthily be praised:
hee is more to be feared then
all gods.

As for the gods of the hea-
then, they are but Silver and
Gold, they are euen abhomi-
nable idols : but it is y^e Lord
that

The daily Exercise

that made the frame of the
heauens whom I doe worſhip
in ſpirit and truth.

Glorie and great worſhip
are befoze thee: there is power
and honour in thy ſanctuary.

I worſhip thee, O Lord, in
the beauty of thy holines: for
the whole Earth ſtandeth in
awe of thee.

The Heauens declare thy
righteouſnes, and all the peo-
ple thy glorie.

Confounded be all they that
worſhip carued images: and
that delight in vanity: wor-
ſhip the Lord all ye gods.

Shew your ſelues ioyfull
vnto the Lord all yee Lands:
ſing, reioyce, and giue thanks
vnto his holy Name.

Praise

of a Christian.

Praise the Lord vpon the
Harpe: sing to the Harp with
a psalme of thanksgiuing.

With Trumpets also and
shawms, & shew your selues
ioyfull before y^e Lord y^e King.

Let the Sea make a noyse
let the floods clap their hands,
and let the hils be ioyfull to-
gether before the Lord: for he
wil come to iudge the world,
and the people with equity.

Glozy be to, &c. As it, &c.

A Song of praise and thank-
giuing vnto God.

Praise the Lord, all ye that
dwel vpon the earth: praise
him ye dragons, and all deeps,
for his mercy is excellēt, & his
praise aboue heauen & earth.

The daily Exercise

Praise the Lord all creatures, fire and haile, snow, and vapours, winde and stormes, mountains and hills, fruitfull trees and all Cedars, beasts and all cattel, wormes and all feathered soules.

Praise the Lord y^e Kings of the earth, Princes and all Iudges of the world.

Yong men and Maydens, Old men and Childzen, praise the name of the Lord.

Praise him vpon the Lute and Harpe, praise him in the Cimbals and daunces, praise him with Tabret & pipe, with Timbrell and flate, shawms, psalteries, dulcimers, and organs : let all instruments of musicke, and euery thing that
hath

of a Christian.

hath breath, giue full consent
and agréement to praise the li-
uing God : for his mercie is
euerlasting, and his goodnesse
endureth for euer.

Glorie be to, &c. As it was, &c.

Lord haue mercy, &c.

Christ haue mercy, &c.

Lord haue mercy, &c.

Our father which, &c.

I beleue in God the Fa-
ther Almighty, &c.

O Lord deale not with vs
after our sinnes.

Neither reward vs after
our iniquities.

¶ A Petition vnto God.

O Merciful father, all lands
and thanks that I can
giue, are not sufficient praise

¶ 4 for

The daily Exercise

for thee: yet I being a miserable wretch do laud and prayse thy holy name, for that of thy goodnes thou hast vouchsafed to heare my petitions & prayers. I beseech thee for Iesus Christs sake, that as thou hast kept me hitherto, so thou wilt keepe me henceforward in thy true faith, through Iesus Christ our Lord, Amen.

Grace before supper, as at dinner.

Grace after supper, as at dinner.

¶ Prayers at night before you goe to bed.

A prayer to God the Father.

Open thine eares, O Lord, and heare me.

Forget my sinnes, and forgive me.

¶

of a Christian.

O Mercifull, faithfull and
louing God, the hoꝛne of
my saluation, and my defen-
der, in whom I onely put my
whole trust : I vnhappy
wretch haue many ways stir-
red thee vp, I haue done euill
befoze thy face, I haue pro-
uoked thy displeasure, I haue
deserued thy great anger. I
haue sinned, and thou hast suf-
fered me. I haue offended, and
yet thou sustaineest me: if I re-
pent, thou sparest me : if I re-
turne to thee, y^e receiuest me :
yea, and besids all this, while
I defer frō time to time, thou
tariest for me: thou callest me
again, wandring from thee :
thou bidst me come, struiuing
against thee : thou lokest for

me,

me,

The daily Exercise

me, which slugishly do lie still:
thou embracest mee coming
again, thou teachest me being
ignoꝛant, thou comfortest me
lamenting, thou giuest to me
when I aske, thou art found
when I seek thee, and openest
when I knocke for thee. Oe
Lord, the God of my health, I
cannot tell what I should set
against thee, neither know I
what to answer, there is no
place to flie from thee, noꝛ any
den to be hidden from thee: thou
shewest mee the way to liue
well, & giuest mee knowledge
how to go: thou hast threatned
vnto me hell, & hast promised
me Paradise. Now (O father
of mercy, and God of all con-
solation) strike my heart with
thy

of a Christian.

thy feare, that with fearing I
may scape those things which
thou threathnest : and giue me
the comfort of thy saluation,
that in louing I may obtaine
those things which thou pro-
missest. O Lord, which art my
strength, my sure Rocke, my
God, my refuge, and my deli-
uerer, tell me what I should
thinke of thee, teach me with
what words I shall call vpon
thee, & the workes wherewith
I may please thee. I know
one thing wherewith thou art
pleased, and another which
thou despisest not : for a broke
spirit is vnto thee a sacrifice,
and an humble & a sorpy heart
is accepted of thee. O my God
my helper, make me rich with
these

The daily Exercise

these gifts, defend mee with
these munitions against all
my enemies, giue me this co-
uert from the flames of vices,
and spread abroad this mercif-
full refuge for the passions of
desires. O most mighty God
that art blessed for evermore.
I commit into thy hands at
this time, & at all other times,
my soule, my body, my sight,
hearing, tasting, smelling, and
feeling, all my thoughts, affec-
tions, words & deeds, all that
is within me, & without mee,
my sense, mine vnderstan-
ding, my memorie, my faith,
my beliefe, & continuance in
the same, that thou mayest de-
fend thē with thy most migh-
ty power, that thou mayest
keep

of a Christian.

keep them day and night, and
at all houres, and euery mo-
ment of time. Heare mee, O
holy Trinity, & keep me from
all euil, from all offence, from
deadly sinne, from all deceits
and despites of the diuell, and
from all my enemies visible
and inuisible. Giue me Lord
perfect sense and vnderstan-
ding, that I may be able to
perceiue thy exceeding great
gentlenes: heare me. O Lord
my God, teach me what I shal
aske, and grant that thou wilt
heare that which I require.
Giue me teares euen from the
bottome of mine heart, that
may vnloose the bonds of my
sins. If thou regard me not,
I perish: if thou loek vpon me,

The daily Exercise

I liue : if thou examine my
righteousnesse, I thinke being
dead: but if thou look vpon me
with mercy, thou raysest me
out of my graue. Spare my
soule, spare my sins, and spare
my faults : visite mee that am
weake, cure me that am sicke,
heale mee that am diseased,
giue me an hart to feare thee,
a minde to loue thee, eares to
heare thee, & eyes that I may
alwayes see thee. I aske Lord
remission of all my sins, haue
mercy on me & heare mee. O
Lord of my saluation, I haue
asked those things which I
need, I haue remembred those
things which I feare : vouch-
safe, O Lord, to grant mee to
liue in thy true feare to my
lifes

of a Christian.

livesene, through Iesu Christ
my Sauour, Amen.

A thanksiuing to God.

O Lord and King, I thanke
thee (O God my Sauioꝝ)
I will praise thee, & will sing
praises to thy Name: for thou
art my defender and helper,
and hast preserved my bodie,
from destruction, from the
snares of traiterous tongues,
the lippes that are occupied
with lies, & from such as stood
vp against me. Thou hast al
wayes stoutly defended mee, I
will acknowledge and prayse
thee, I wil magnifie thy name
for keeping me, enen from my
youth to this present houre.
And now, O Lord & mercifull
God,

The dayly Exercise

God, I humbly beseech thee,
by the death and buriall of our
Lord and Saviour Christ thy
welbeloued Sonne, that thou
wilt vouchsafe to hide and
bury al misdoeds whatsoeuer,
from my infancy, vntill this
present time, either wittingly
or ignozantly, wherein I haue
offended thy Maiestie, and e-
specially all those which I
haue committed this week, by
thought, word, or deed, against
thy diuine commandements.
All which to thee alone, that
knowest how all things passe,
I confesse with a broken hart
& lowly spirit, beseeching thee
to pardon them, and to forgieue
all my sins, wherein y know-
est I am guiltie, and to deliuer
me

of a Christian.

me from all euils, both present
and to come: be thou my light
in darknes, then shall my life
be as cleare as y day: so with
confidence & security I may
lay mee downe to sleepe, and
none shall make mee afrayd,
because y art my Protector.
O holy spirit, at my last gasp
be thou my light, yea when
my strength faileth, my sight
departeth, my eares wax deaf,
and my mouth dumbe, when
my fete cannot go, nor mine
hands feeble, and when all my
senses forsake me, the giue me
some sense of eternall life, that
I may taste in this mortal bo
dy. the beginnings of thine
euerlasting comfort, & at my
departure out of this world.

3

The daily Exercise

I may behold by faith thy diuine presence, & so sleepe quietly to eternal life, through Christ thy onely Sonne my swæte Sautour: to whom be praise now and euer, Amen.

The Conclusion.

O Heauenly Father, blesse me, O blessed Sonne keepe me, O holy Ghost, thzee persons and one God, deliuer me this night from all sinne and euill that may be hurtfull to my soule and body, Amen.

Before the receiuing of the holy Communion, say thus:

O My Sautour Iesu Christ, holy and eternall GOD,
al.

of a Christian. ●

although I be vnworthy to
receiue thee into the house of
my soule, for mine innume-
rable sins and offences com-
mitted against thy great good-
nes: yet (O Lord) trusting in
thy great pittie and mercie,
which is infinit, I come to re-
ceiue thy most blessed body, as
a sicke creature, to thee that
art the health of life: vnclean,
to thee that art y^e well of mer-
cy: blind by ignorance, to thee
that art the light everlasting:
nedy of grace and power in
virtue, to thee that art the king
of heauen and earth: naked of
works, to thee that art y^e only
author of Grace, I come as a
wretch to thee my Lord and
maker: all desolate & comforte-
lesse,

The daily Exercise

lesse, to thee my help & succour:
for besides thee there is no con-
solation. I come as a sinner
to thee, that art a Mediator
and meane betwixt God and
man: I come all sinful, to thee
the granter of pardon: & dead
by sin, to thee that art the re-
storer of life: and euill, to thee
that art all goodnes; desiring
thee meekly to heale mine in-
firmity and sicknees, to wash
away my sin and filthinesse,
to lighten my blindness, to re-
duce me to y^e right way when
I am out thereof. Haue mer-
cy on my wretchednesse, par-
don my sinfulnesse, and giue
me y^e light of grace, thus bu-
ried in sin, that I may receiue
thee the true bread of life, with
such

of a Christian.

such chastity of body, wth such
purenes & cleannesse of soule,
with such contrition of hart, &
abundance of weeping tears,
with such spiritual ioy & glad-
nesse, with such dzead & reue-
rence, with such faith, hope,
& charitie, with such obediēce
& humility, with such loue, de-
uotion, faithfulness, & thank-
fulness as is best be seeming
for such a Lord to be receiued
& to my soule most expedient.
O sweet God, be not displea-
sed, y^t I a sinner, with an vn-
cleane heart & polluted mind,
com hither this day to receiue
thy pretious body in Sacra-
mentall bzead & wine: but re-
member (mercifull Lord) that
thou didst not put backe y^e sin-
full

The dayly exercise

ful Magdalen (being penitēt)
from y^e kissing of thy fēt. And
in likewise despise not me, ne
put thou me away as buwor-
thy, from the receiuing of thy
body in y^e blessed Sacrament,
for my sins & unkindnes: but
grant thou mee compunctiō of
heart, with plenty of teares to
wash away my sins and wic-
kednesse, so that with a pure
heart and cleane conscience I
may this dayeate thy flesh, &
drink thy blood, to my soules
health, that I may obtaine by
thy goodnes, everlasting life,
with all thine holy Saints in
heauens glory, & in this pre-
sent life, with thy holy spirit
to be replenished, and neuer
admit other louer beside thee.

Grant

of a Christian.

Grant me, most blessed Iesu,
so to receiue the sacrament of
bread and wine, that I may
be worthy to be accounted a
member of thy mysticall body
here on earth. And though as
yet I bee not worthy to bee
numbred among the simplest
& lewest of thy servants, but
rather be reiected and cast out
for my sinfulness: yet good
Lord, of thine infinite power
thou mayest make me equall &
like to the rest of thy elect and
chosen servants.

Come thou Father of the
fatherles, come thou comfort
of al the comfortles, & cleanse
my soule from all contagious-
nesse of sinne. Come and ap-
parell my soule with such or-
naments

The dayly exercise

naments of vertue & grace,
that it may delight thee there
in to abide: & as thou disdain-
edst not to touch the foule Le-
pers with thy most holy and
blessed hands: so (good Lord)
I most humbly beseech thee,
that thou wilt at my request,
vouchsafe now to anoynt my
poore and simple soule with the
holy ointment of remission &
pardon: that in this life, by
stedfast hope, firme faith, and
perfect charity, I may so en-
crease still in vertue from day
to day, that I may attain the
glorious fruition of thy god-
head in the kingdome of Hea-
uen, where I may see thee face
to face, sitting at the right
hand of God the Father, to
whom

of a Christian.

whom with the Sonne, and
the holy Ghost, be all glorie,
and honour, world without
end, Amen.

**After the receipt of the holy
Communion, thus:**

I Thank thee (**O** good Lord)
of thy infinit goodnesse, that
thou hast fed me with thy bo-
dy and blood in the blessed Sa-
crament : desiring thee most
meekely, that thou wilt be vn-
to mee a spirituall strength a-
gainst my frailty , a sure de-
fence against worldly trou-
bles & aduersities , a purcha-
sing of grace & pardon , a me-
dicine of life by the continuall
remembrance of thy blessed
Passion , so that in the way,
P thou

The daily Exercise

thou mayest conduct mee and
guide me, and when I am out
of the way, thou mayst reduce
mee, when I stumbe, thou
mayest vphold me, and when
I am falling, thou maist raise
me vp againe, so that by con-
tinuance in thy wil, I may be
brought to everlasting glorie:
so order thou the fallage and
taste of my heart, that I ne-
uer feele other Sweetnesse but
thee, that I neuer seeke other
louer but thee, no2 no other
Comforter besides thee, so
that I care for no other de-
light but thee, no2 for any o-
ther honour but shine. And
giue me such a perfect loue to-
wards thee, that I may be be-
loued of thee, and that thou
maiest

of a Christian.

maiest come with thy father,
and dwell continually in mee,
with the swæte comfort of the
holy ghost, to whom, one God
in trinity of persons, be al ho-
nour & glozy for ever, Amen.

¶ Before the preaching of
Gods word, say thus.

A Almighty God, and most
mercifull Father, whose
word is a lantern to our feet,
and a light vnto our paths, I
beseech thee to illuminate my
mind, that I may vnderstand
the misteries contained in thy
Law. Thou shinest diuerse
wayes vnto vs by the light of
thy grace, but in nothing so
effectually, as by the preach-
ing of thy word. The harvest

The daily Exercise

is great as thou thy selfe hast said) but the labozers are few. The greatest sort of men are ignozant and wapped in miserable blindnesse, & few there be that teach thy word truely, and as they ought. I doe beseech thee therfore to send out workemen into thy harvest, send Preachers (O Lord) which are taught of thee, and instructed by the Spirite of godly wisdom & vnderstanding, which by their preaching will seek, not themselves, but thee, because they are godly: and can so do, because they are wise & vnderstand. Give to the Preacher of thy word, (whom I shall heare this day) out of the treasures of thy
wise.

of a Christian.

wisedome, that he may poure
vpon mee and all thy chilozen
the knowledge of thy Woꝝd,
to our saluation: and vnto vs
giue thy grace and holy spirit
(O Lord) so to heare and re-
ceiue thy Woꝝd, that the good
seed which falleth vpon vs, be
not choaked with thoznes, oꝝ
withered away with heat, oꝝ
deuoured by the foules of the
aire, but it may grow vp in a
good ground, & fructify wth great
increase, to y^e praise of thy ho-
ly name foꝝ euermoꝝe, Amen.

After the preaching of Gods
word, say thus:

O Almighty God most lo-
uing & deare Father, to
whō it is easy to do all things:

The daily Exercise

I hartily beseech thee, that the
seed of thy word now sowne
into my heart, may take such
deep root, that neither the bur-
ning heat of affliction or per-
secution cause it to wither,
neither y^e thorny cares of this
life doe choake it, but that as
seed sowne in good ground, it
may bring forth thirty, sixty,
and an hundred fold, as thy
heavenly wisdom hath ap-
pointed. And because I have
need continually to craue ma-
ny things at thy hands, I
humbly beseech thee (O hea-
venly father) to grant me thy
holy Spirit, so to direct my
petitions, that they may pro-
ceed fro^m such a fervent minde.
as may be agreeable to thy
most

of a Christian.

most blessed will. And seeing
mine infirmity is such, that I
am able to doe nothing with-
out thy help, and that thou art
not ignozant with how many
and great temptatiōs I poore
wretch am on euery side com-
passed and enclosed: let thy
strength (O Lord) sustaine
my weakenesse, and assist mee
with thy grace, that I may
safely be preserved against all
the assaults of Satan, who go-
eth about like a roaring Lion
seeking whom hee may de-
uoure. Increase my faith (O
mercifull Father) that I doe
not swarue at any time from
thy heauenly word. Augment
in mee hope and loue, with a
carefull keeping of all thy cō-

The daily Exercise

mandements, that no hardnes
of hart, no hypocrisie, no con
cupiscence of the eyes, noz in
ticemētsof the world, do draw
mee away from thine obedi
ence. And forsomuch as by the
holy Apostle wee be taught to
make our prayers & supplica
tions one for an other, I pray
not hère at this present for
my selfe onely : but I beseech
thee also to reduce all such as
be yet ignorant, from the mi
serable captiuitie of blindnes
and erroz, to the pure vnder
standing of thy heauenlie
truth : that wee altogether
with one consent and vnity of
mind, may worship thee our
onely God & Saviour, world
without end, Amen.

When

of a Christian.

When you are going any
iourney, pray.

O Mercifull Father, thou
art wont to send to thy
seruants, and men of simple
hearts, thine Angels to bee
their keepers, and (as it were)
guides, or elder brethren, to
watch ouer thy weake Chil-
dren: so didst thou to young
Tobias, to Iacob, to Abrahams
seruant, to Iosua, &c. O graci-
ous God, though I be far vn-
like vnto them (so many are
my sins) yet for thine owne
goodnesse sake, send thy holie
Angels to pitch their tents a-
bout me, to hide mee, & defend
me from Satan & his slaues,
to carry mee in their handes,

¶ 5

that

The daily Exercise

that I come not into further danger then y^e wilt deliuer me out, for thy owne sake. From thee, O Lord, I came, & vnto thee I make my iorney, howbeit, through dangerous & perillous waies, which our cruel enemies haue & do prepare for vs, being more then starke blind, by reason of their sin. O Christ, which art a most true loadesman & guide, & also most expert, faithfull & friendly, put thou out thy hand, open mine eyes, make the highway knowne vnto me, which thou diddest first enter into out of this corruptible life, and hast prepared the same for vs to immortallitie. Thou art the way: leade mee vnto the Father

of a Christian.

ther by thy self, & shew me the way that I should walke in, for I lift vp my soule to thee.

When you come home againe, pray.

O Sweet Lord, I must and wil confesse, that there is nothing moze like to thy holy nature, then a quiet minde: thou hast called mee out of the troublesom disquietnes of the world, into that quiet rest, and peace, which the world canst give, being such a peace as passeth all mens vnderstanding. Houses are ordained for vs, that thereby we might be defended from the iniurie of weather; from the crueltie of beasts, from disquietnes of the people,

The daily Exercise

people, and to rest from the
toile of the world, O gracious
father, grant that through thy
great mercy, my bodie may
enter & abide quietly in this
house: but so, that it may be-
come sure and obedient to
the soule, & make no resistance
against the same, that in my
soule and body, I may haue a
godly quietnesse and peace, to
praise thy holy Name. Peace
be to this house, & to all that
dwell in the same, Amen.

¶ A prayer for women against
barrennesse.

O Most mightie, wise and
gracious Creator of all
things, which at y^e beginning
in Paradise, hauing giuen to
the

of a Christian. .

the first man an helper, of his
owne substance, didst by thy
word sanctify that their cou-
pling together, and gauest to
them commandements and
power of multiplying, that ac-
cording to thine eternall pur-
pose in thine infinite mercie,
the head of thy Church that
seed of the woman, and conse-
quently the parts and mem-
bers thereof, which is y^e whole
Congregation of thy Chosen
chldzen, might issue frō their
loynes: and hast promised to
thē which feare thee, as a sin-
gular blessing, y^e their wines
shalbe as fruitfull vines vpon
their houses, & their chldzen
like Oliue plāts round about
the table, and that they shall
see

The daily Exercise

see their childrens children vnto the third and fourth generation, and peace vpon Israel: and hast also threathned, as a special curse vnto the which hate thy name, that thou wilt shut vp their wombs in barrennes, that no memoztall of them may remaine vpon the earth: I beseech thee, for thy great goodnesse sake, to looke vpon the lowlinesse of thine handmaiden, and to hearken to the voyce of mine earnest prayer which I make to thee. Remoue from me this reproch among y^e children of thy people, and bestow thy gracious blessing of fruitfulnessse vpon me: that as I know assuredly by thy p^rophet, that children
are

of a Christian.

are thy inheritance, and the
fruit of thy wombe thy reward:
so I may by liuely experience
of thy goodnesse, feele that the
childzen of youth, that is, such
as are indued with thy ver-
tues, strength, and grace from
aboue, are like the arrows in
the hand of the strong man:
with which so blesse mee, O
Lord, in thy good time, that
I may haue my quier full of
them: that thy name may be
glorified, thy seruants com-
forted, & the company of thy
childzen increased, to the ac-
complishment of the number
which thou by thine euerlast-
ing wisdom hast set and ap-
pointed, and to the hastening
of thy kingdome, wherein our
head

The dayly Exercise

head Christ Iesus shall draw
all his members to himselfe,
that where hee is, they also
may be, for ever following the
Lambe whithersoever he go-
eth, and singing Halleluiah,
honour, and glorie, and wise-
dome, and power be ascribed
to God the Father, Sonne,
and Holy Ghost for evermore,
Amen.

A prayer to be said of women
great with child.

O Lord the mighty Maker,
wise gouernour, and graci-
ous p̄seruer of all things, I
yield thee humble thanks, that
it hath pleased thee in thy good-
nesse to regard the lowlineſſe
of thy handmayden, by remo-
uing

of a Christian,

uing from me the reproach of
barrennesse, and opening my
wombe to conception: blesse
within me, O Lord, the woꝝk
of thine owne hands, which
is wonderfully and fearfully
made, whose bones are not
hid from thee, & whose mem-
bers are written all in thy
booke, whose very haire thou
numbest, and takest care of
them. Blesse, O Lord, thine
owne handy woꝝke, that it ac-
complishing thine appoynted
time, may lake perfect shap &
proportion, & live to the set-
ting forth of thy prayse in the
middelt of the Congregation
whereof thou hast made him
a member. Into thine hands
I commend it, with my selfe,
whom

The daily Exercise

whom I beseech thee, O most gracious GOD, so to blesse guide, and preserve, that neither the malice of wicked spirits preuaile against me, nor any outward inconuenience approach nigh me, to hurt me. Keep me from vaine feares & foolish desires, that in safetie I may beare, & with ioy bring forth the fruit wherewith thou hast blessed me, to the glozy of thy most blessed name, and my especiall comfort in thee: to whom be all honoz now and euer, Amen.

A prayer to be said of women
in the time of their trauell.

O Lord, I confesse (as now
I feele) great was and is
thy

of a Christian.

thy displeasure for sinne committed by our first Mother Eve, and continued by vs, whom for punishment thereof thou hast commaunded in sorrow to bring forth fruit. Lay not the heauy burden of them vpon my backe: but in the promised seede of the woman fauorably regard mee, & send me comfort from thy holy place: charge me with no more then thou shalt enable mee to beare, and even in the midst of my paines, make thou the way for mee, that I may escape them. Give strength, O Lord, vnto my body, courage to my heart, and comfort to my soule, that in all parts being confirmed in thee, no
frailtie

The daily Exercise

frailty of the flesh, nor temptation of the diuell, in the extremity of my throes, may make me faint or forsake thee or distrust thy gracious goodnesse towards mee : who by thy Apostle hast assured mee, that euen by bearing of Children, if I continue in $\text{\textit{\text{t}}}$ sayth, I shalbe saued : thou art nigh vnto all them that call vpon thee, depart not from mee, $\text{\textit{\text{O}}}$ Lord, at any time : that the assurance of thy presence may be my stay and comfort : that in respect thereof, and of the performance of thy will, I may sustaine all torments, and rest wholly in thee, which art the $\text{\textit{\text{GOD}}}$ of my strength and comfort : to
whom

of a Christian.

whom be praise for ever and
ever, Amen.

A thanksgiuing of a woman
when she is deliuered.

Great is the Lord, and
worthie to bee feared.
Gracious is the Lord, and
worthy to be praised: thy mer-
cie, O Lord, is aboue all thy
works. Thou woundest and
thou healest, thou strikest
downe and raisest vp againe.
I most humbly thanke thee,
my most gracious and louing
Father, that it hath pleased
thee of thy goodnesse, now at
the length to deliuer me from
extreamity of child-birth, and
to giue vnto mee the sweete
taste and feeling of thy com-
fort,

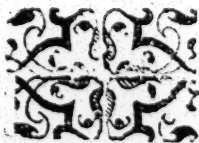
The daily Exercise

fort, not onely in ioy that a
man is boꝛne into the world,
which yet notwithstanding
maketh mee to forget my sor-
rowes, but much moze in the
assurance of thy gracious pro-
vidence and care ouer mee,
whose hand hath strengthe-
ned me, and whose right hand
hath vpholden mee : which
hast brought faire weather af-
ter stormes, and gladnesse af-
ter teares. Let thy comfort al-
waies rest with me : and giue
me grace, since it hath pleased
thee to make mee a glad Mo-
ther, that I may also become
a good mother, in shewing my
selfe a good child in obedience
vnto thee, & in carefulnesse for
instruction of my child in thy
feare :

of a Christian.

feare : y we may set forth thy
glozy in this life , & be made
partakers of thy glorie in the
life to come , through Iesus
Christ our onelie Saviour :
to whom with thee , and the
swæte Comforter the Holie
Ghost, thzee persons, and one
God, be all honour and
glozy for evermore,
Amen.

FINIS.



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